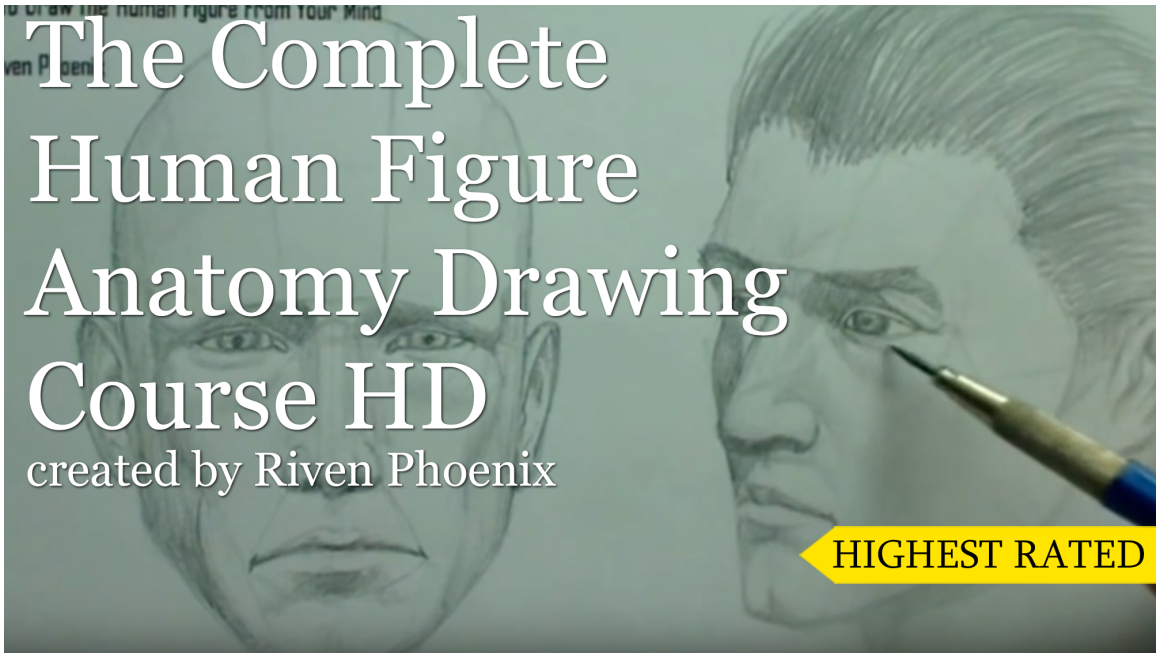

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 167 - The Muscles of the Pelvis & Leg - Part 1

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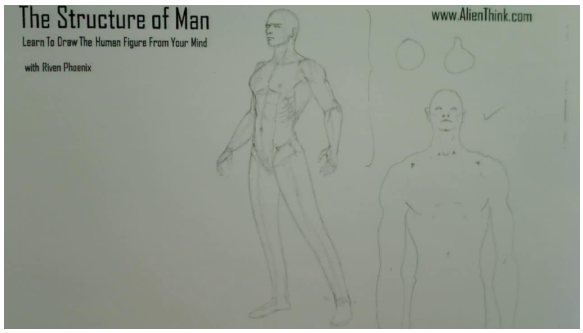
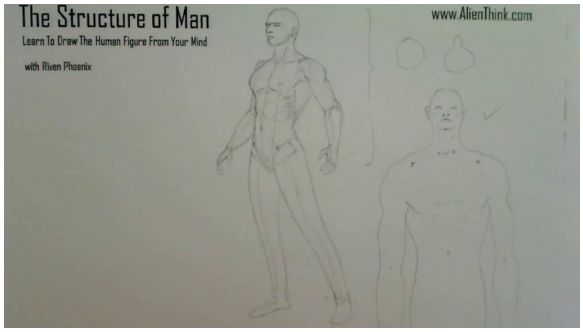
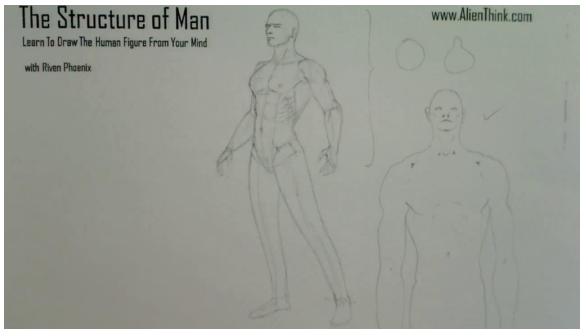
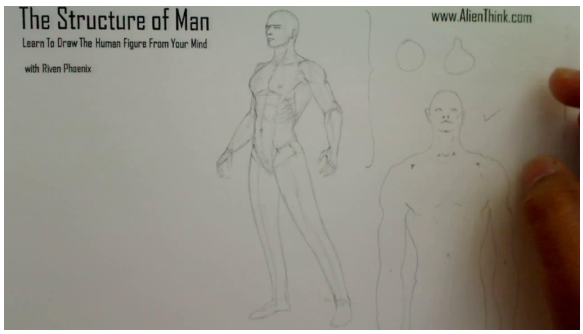
1		Hey guys, my name is Riven Phoenix and welcome to the structure of the plan.
2		Learn to draw the human figure from your mind training course.
3		Okay, so in the previous lesson we went through really confirming,
4		putting the seal in our understanding of the upper part of the human figure complete.

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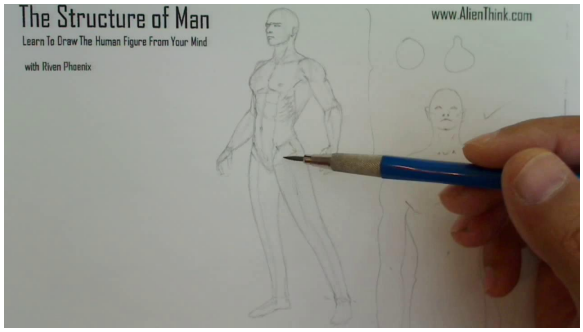
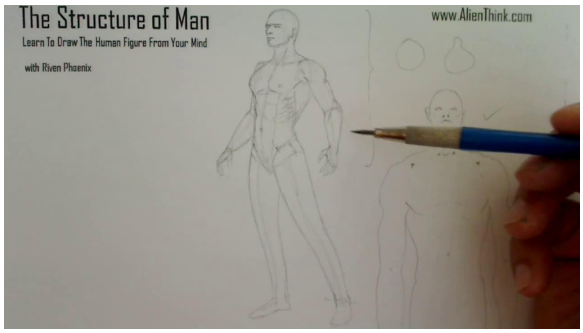
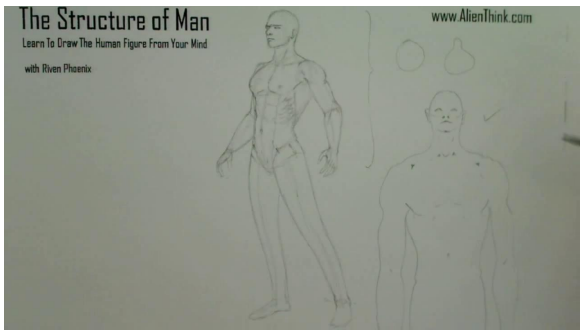
5		Right, so the rest of the figure is just going to be very easy to understand.
6		And this again is just going to come down to a system of thinking that we use for the four arms.
7		And you'll see that it's not going to be very difficult at all.
8		So to do this, we need to draw out the pelvis area all the way below.

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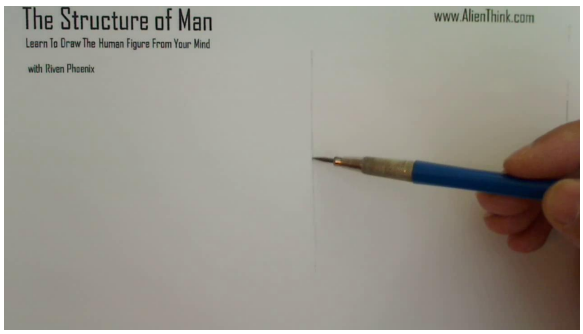
9		Right, so to do this, what we'll do is let's first draw out a straight line.
10		Because what we need to do is here I'm just going to draw out the line only until here first.
11		Right, I'm going to divide this in half over here.
12		And first mark these because this really needs to be the area for the pelvis.

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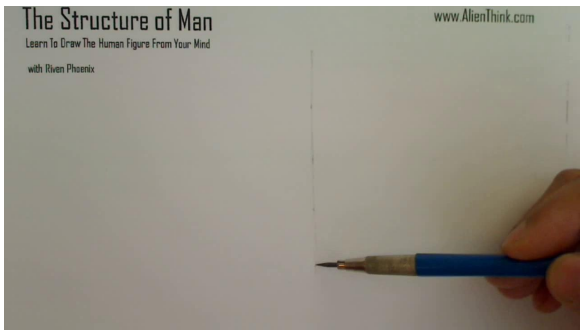
13		Well, actually.
14		Right, so this is going to be the area for the pelvis.
15		Right, so this is going to be the line for the knee.
16		And what this gives us is enough information that we can now fit it on camera correctly.

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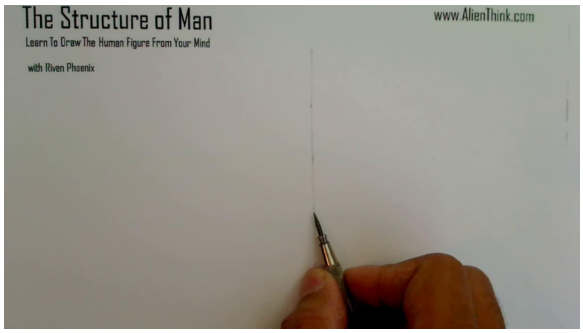
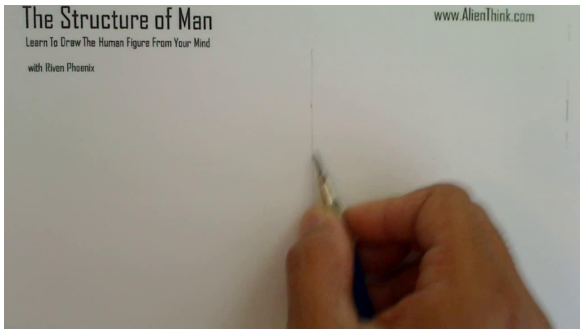
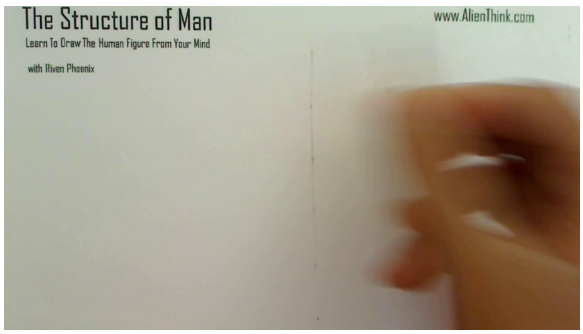
17		And say that this here really is going to be the bottom.
18		So we got to make sure to measure this step out as accurately as possible.
19		So we get the best design.
20		Right, so here I just measured out one, two, three, four.

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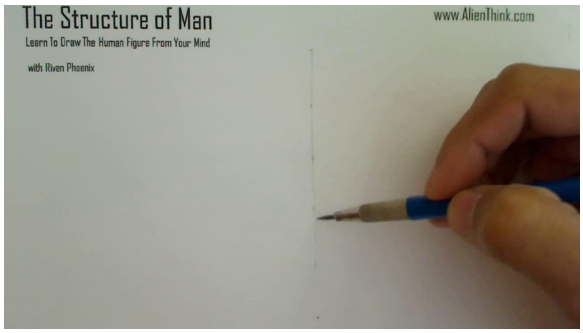
21		And then I added a fifth one so we can get it all the way down at the bottom to fit on camera correctly.
22		Right, so for this, we can just assume that, okay, well, how big is the pelvis going to be?
23		And really, we can just draw out a very lightly first, like the idea for the...
24		Let's say before we're drawing out the idea for the human head.

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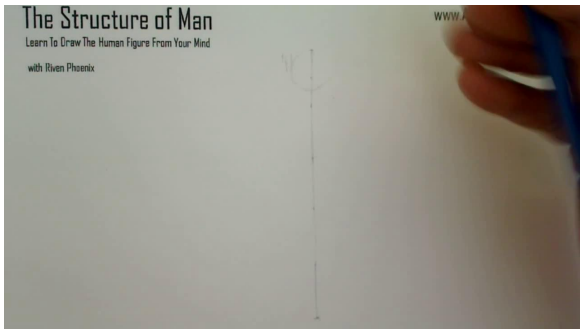
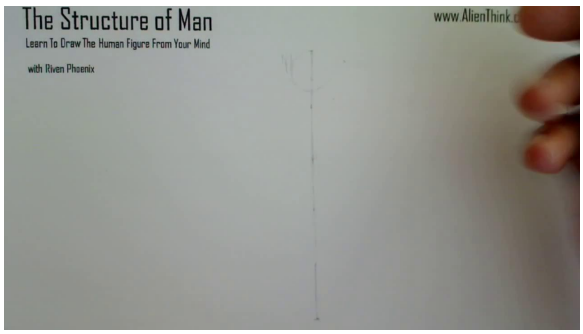
25		So this will give me this over here.
26		And I know that the chest cavity is going to be just half of this.
27		Right, so this gives us enough information over here to pull this right about here.
28		Right, so here I'm going to first put this mark here because we got to...

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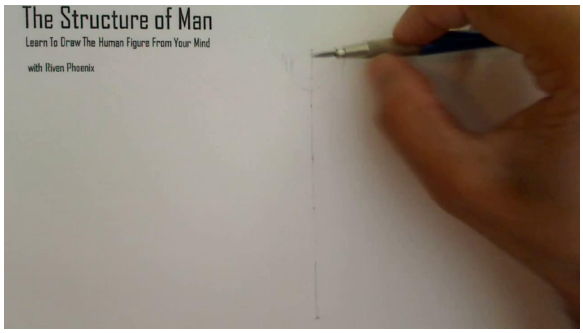
29		We're going to draw the great system out so we get the best, best drawing possible.
30		Right, so here we can now just erase these lines over here, like this.
31		And just simply go down.
32		Right, and just when we're going down, just make them...

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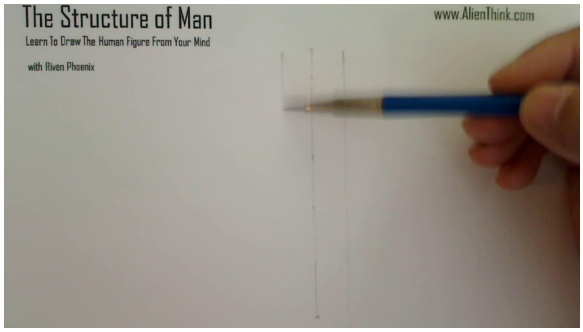
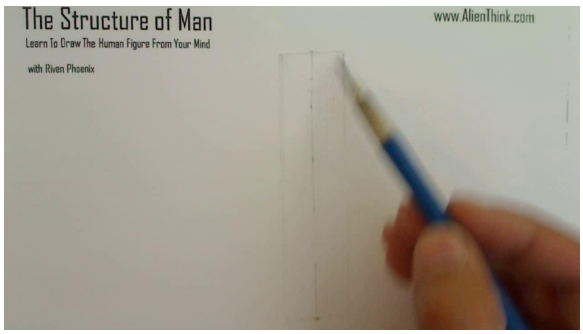
33		Just do this, we just need to be approximate with these ideas now again.
34		I'm just going to make sure that it's all just coming down like this.
35		Okay, so here this gives me just a very simple concept of how the pelvis is going to be.
36		Right, so over here is where the pelvis is going to fit right in this box.

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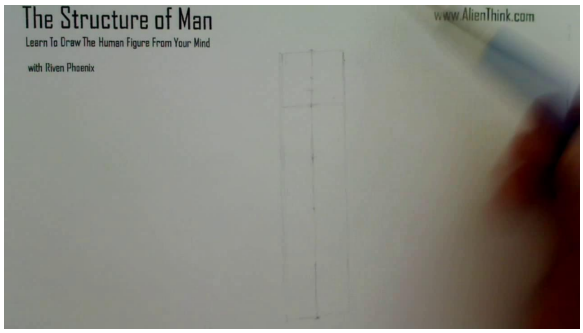
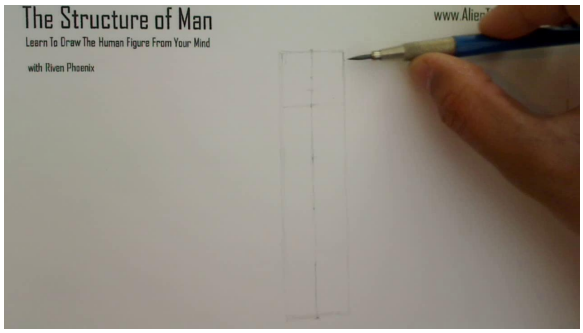
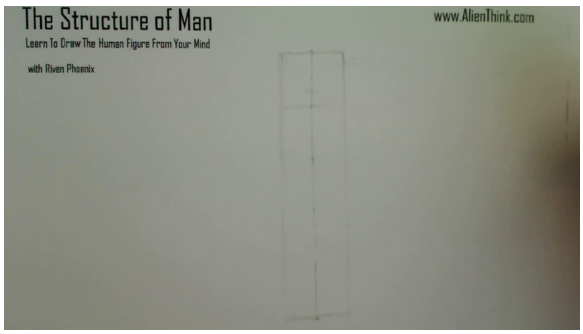
37		Okay, so having done this, I'm just going to make sure that all of this is accurate as possible.
38		Now the camera is a little bit on the angle, so it looks like it might look a little off to you.
39		So here we can just mark this over here and say that this is going to be the back.
40		Right, so for this one, I'm actually going to move it a little bit more over here.

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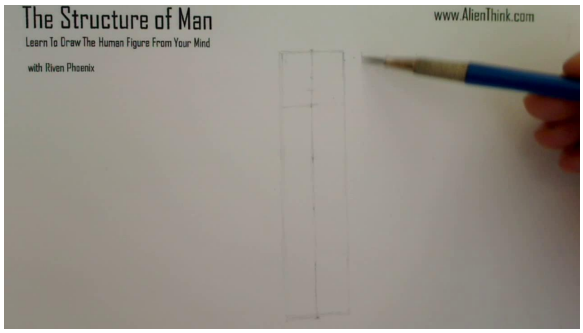
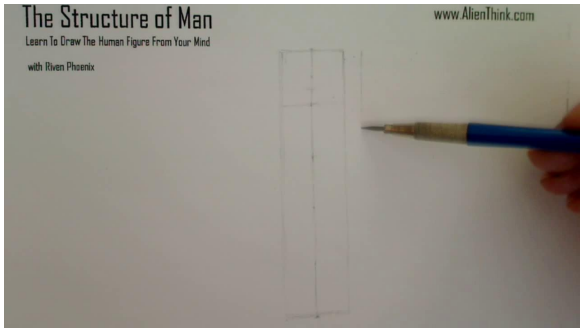
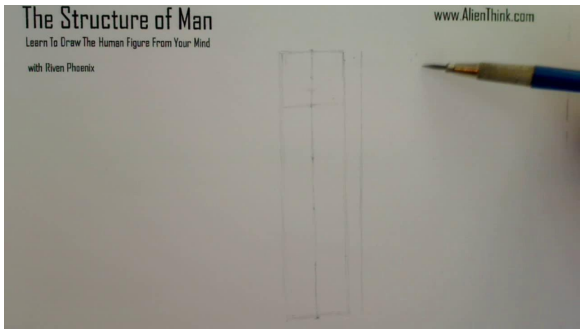
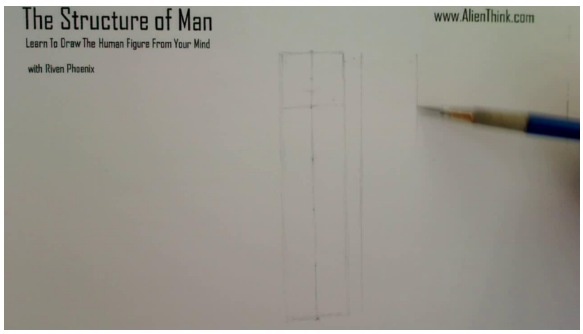
41		So we can see them side by side.
42		So I'm going to just make this line straight again, just going down over here.
43		And then over here do the same thing.
44		So this is going to be the front and this is going to be the back.

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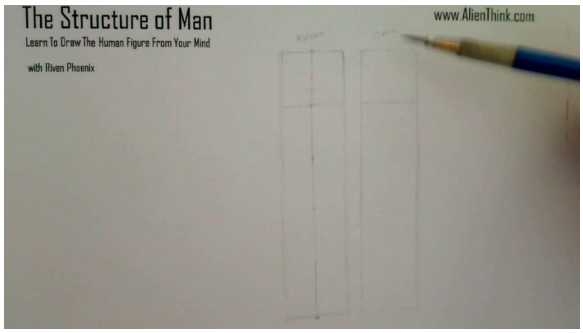
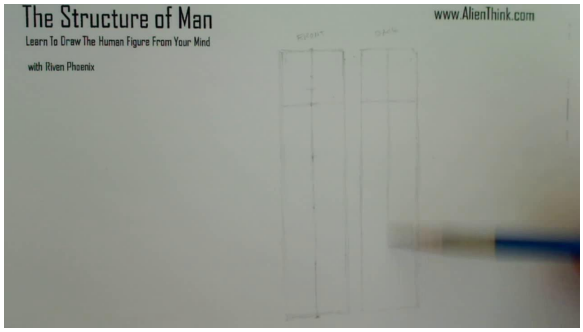
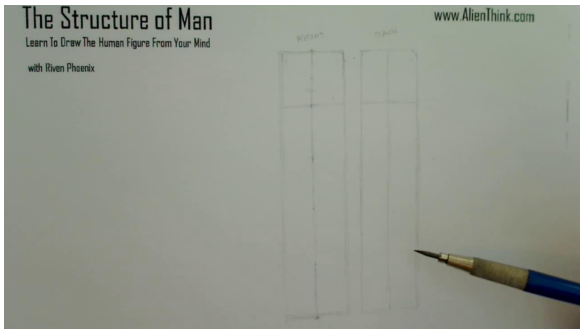
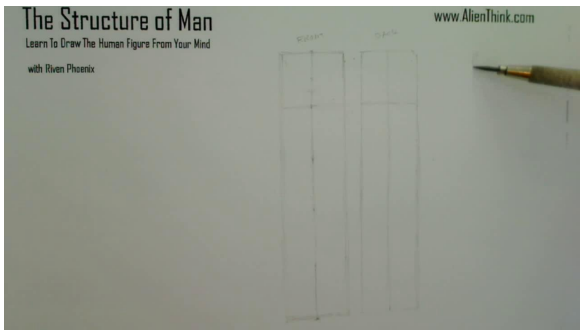
45		And here I'm just going to split this in half, just like this.
46		Right, so we've got the front and back, so now what we need is actually the side.
47		So to do this, I'm just going to actually put the side here.
48		Same way, I'm just going to first draw out this line over here.

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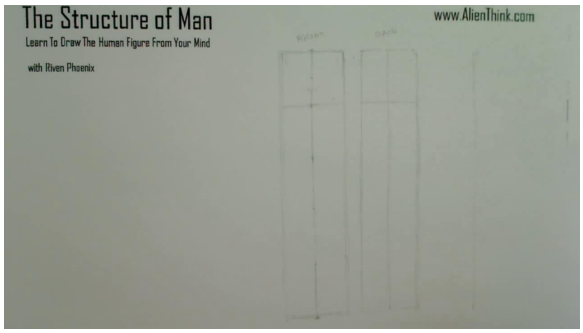
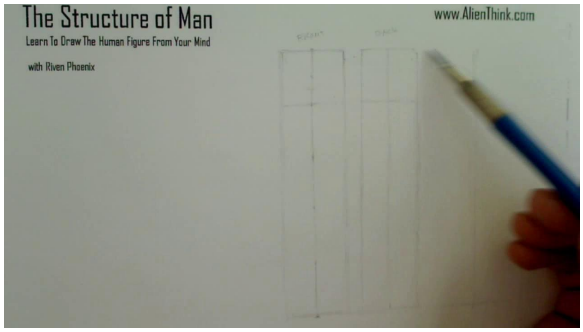
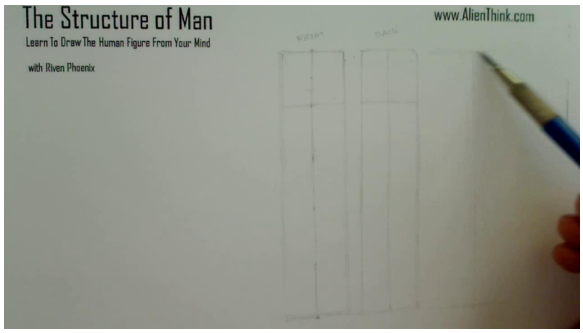
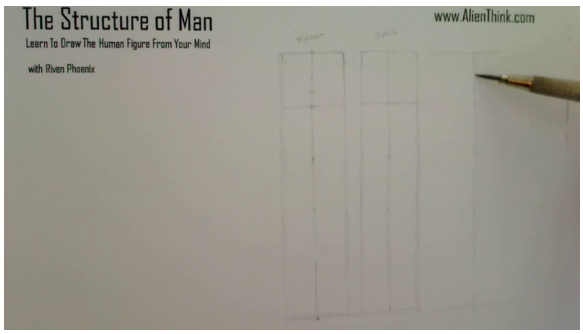
49		And just simply say that, well, this really is going to be the bottom over here.
50		And this is really is going to be the top over here.
51		Right, so here we're just going to just translate them over here just like this.
52		Right, so to find out the side is going to be the same thing really.

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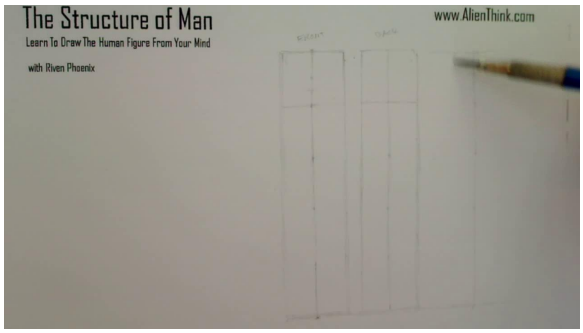
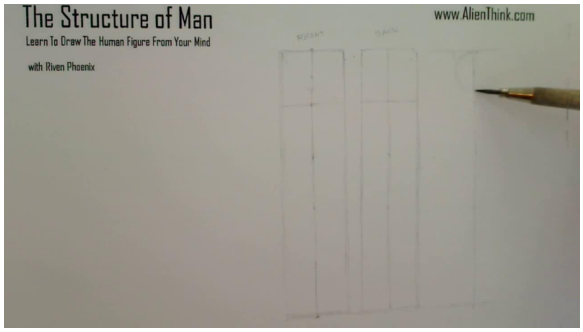
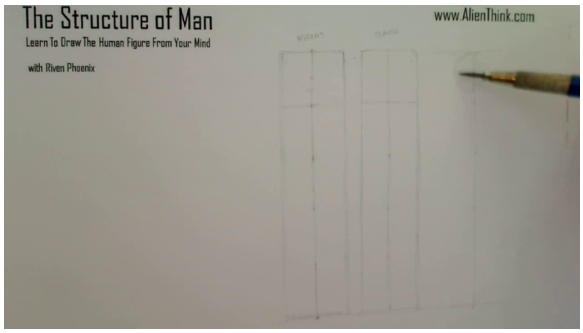
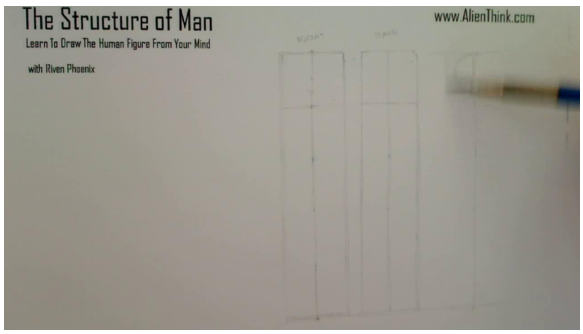
53		You're just going to draw out over here the circle here.
54		Let's say this was going to be the head.
55		We know that the back is going to come at least over here.
56		Right, so this will give us an indication that this is how wide it should be.

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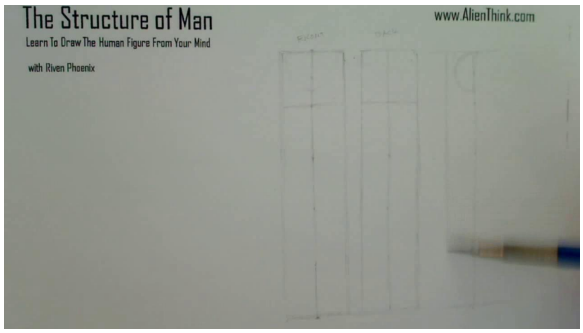
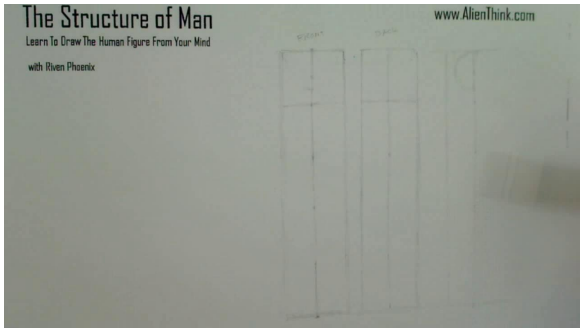
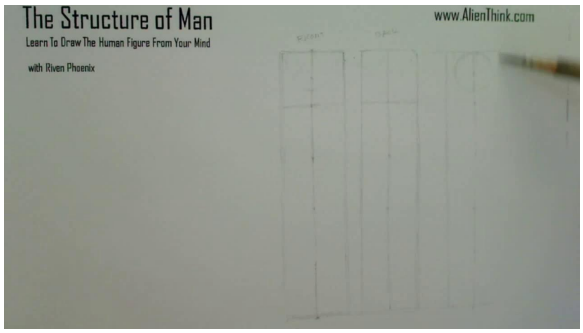
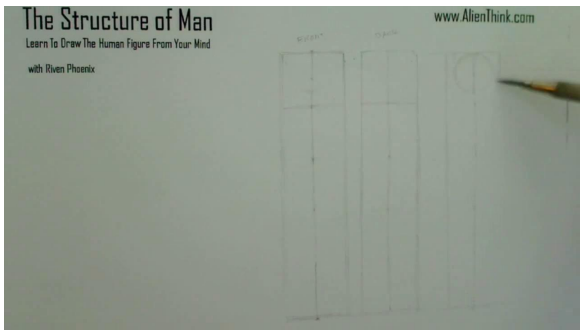
57		Right, so it's the same thing pretty much.
58		Right, but for the front, we know we're going to do the same thing.
59		But you know that for the front, you're going to come in a little bit.
60		Right, because it has to come here for the nose.

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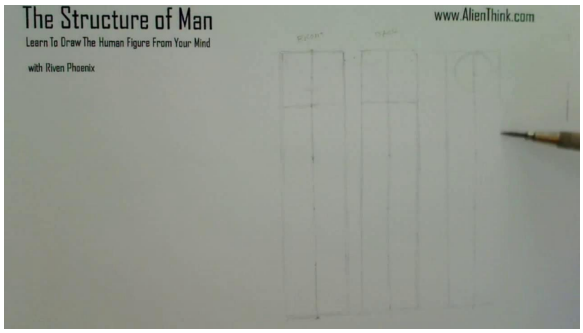
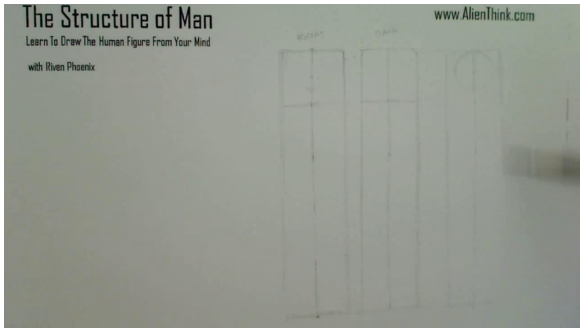
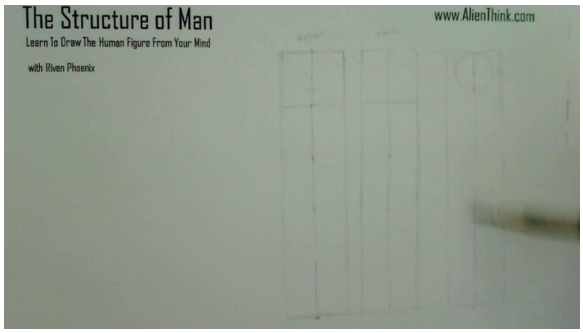
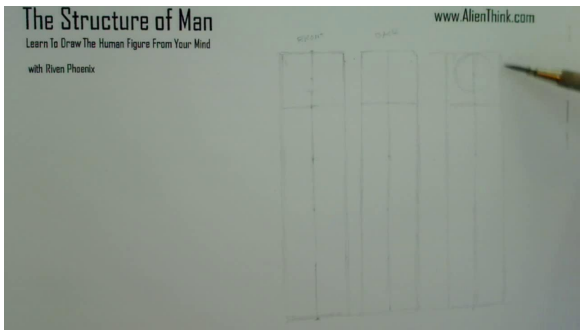
61		So this is the side here.
62		So here we know that we're going to just come in just a little bit for the pelvis.
63		Now this part here, you can see I'm being approximate because the legs really can be anywhere, anyways.
64		Right, and then here we'll just draw out another side version and this is going to be the inner view of the legs.

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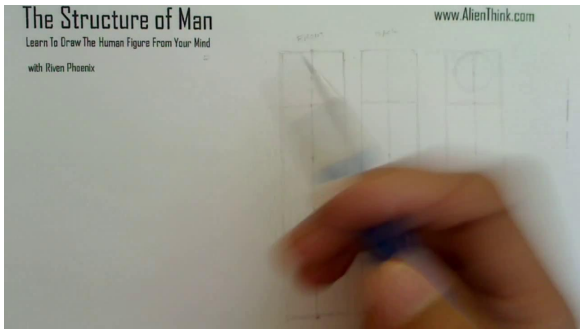
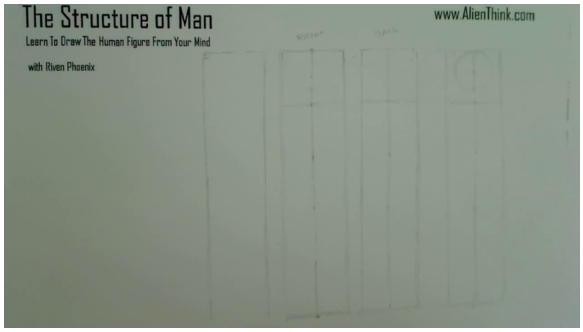
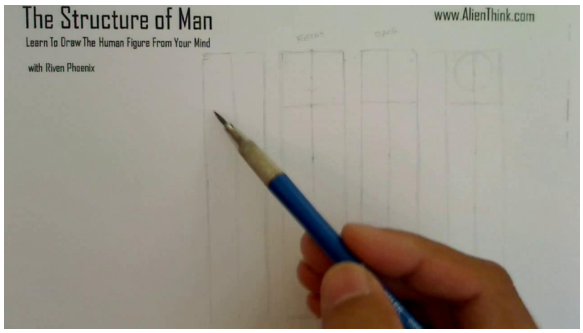
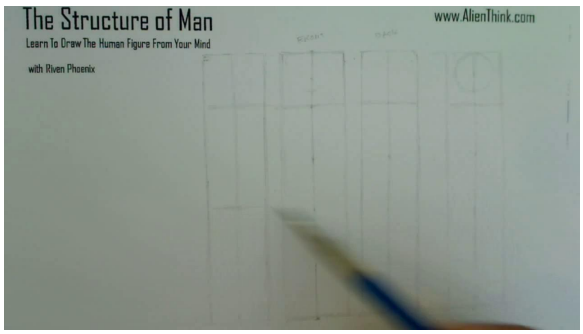
65		Right, so here I'm just going to draw out this over here.
66		We can just put a line here through it also.
67		And here I just need really the bottom, the middle of this.
68		Right, so just to make sure that that's in the middle like this over here.

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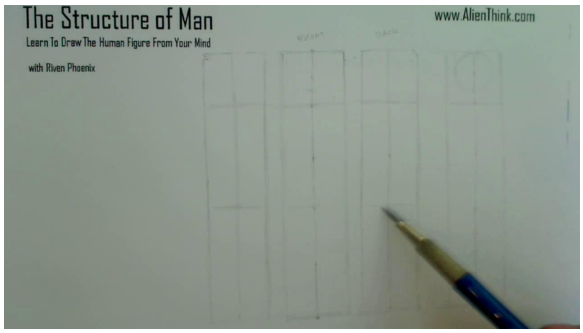
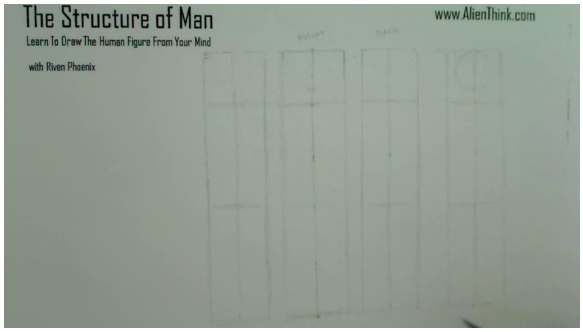
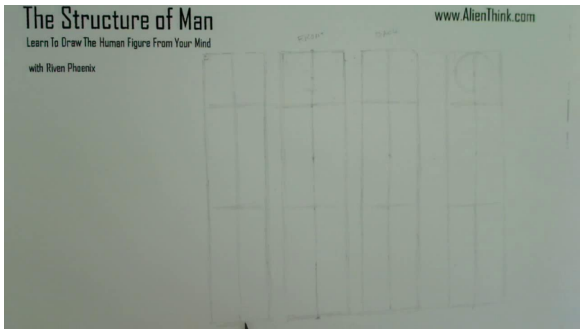
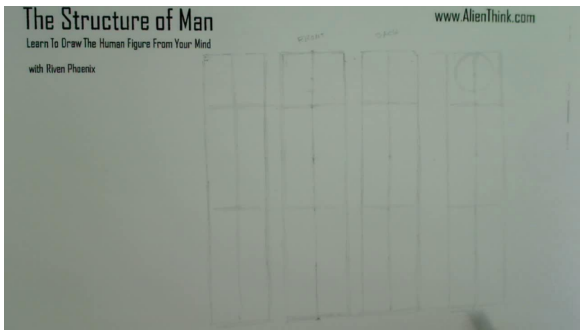
69		We want to divide in the middle because that's really going to help us understand how everything should be.
70		So anyways, once we've gotten this now, the thing is over here.
71		Okay, so here I'm just going to make sure that I got the lines down correctly.
72		I'm just going to expand it a little bit over here.

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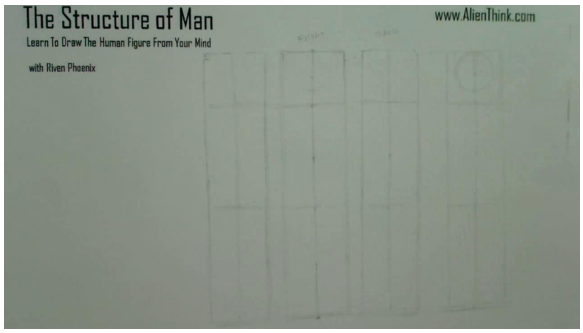
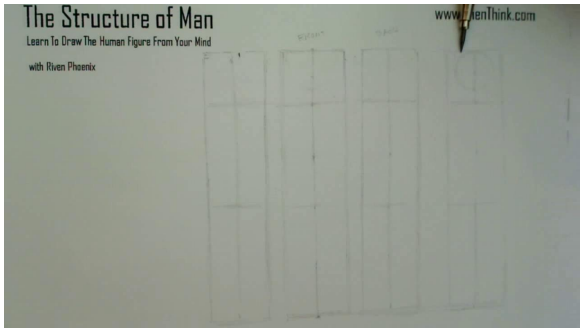
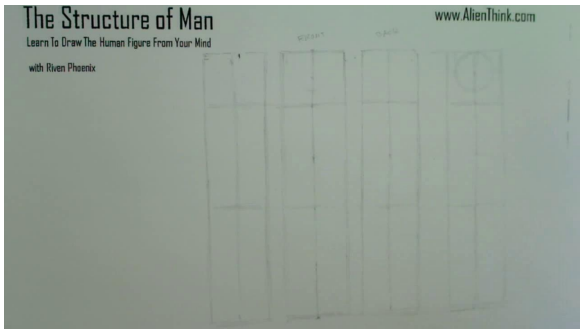
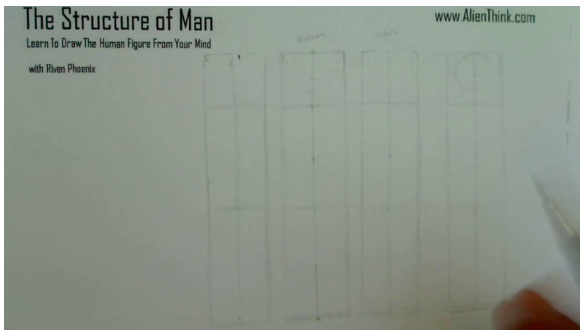
73		Right, and then from the top, I'm just going to make sure that everything is done exactly as possible.
74		Right, so that's right.
75		Right, so over here the camera is going a little bit on the angles, so that's why it looks this way.
76		And that's fine.

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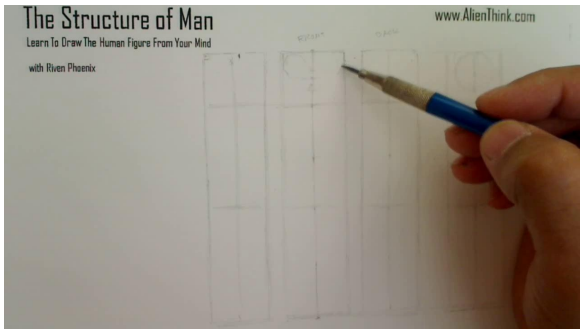
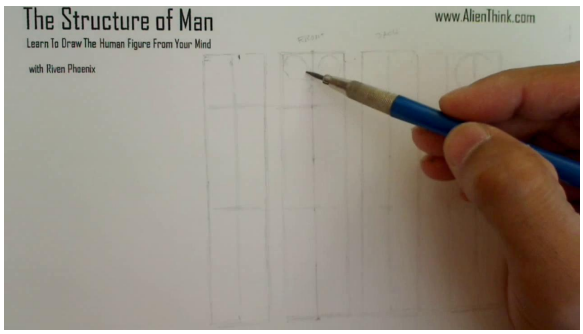
77		Okay, so here we now know, okay, right, I'm just going to draw out really it's the dividing the section in three parts.
78		And then we know that, right, I'm just going to get my pelvis over here for the front.
79		And we're just going to first fiddle it in.
80		Right, just sketch it in a little bit in here like this.

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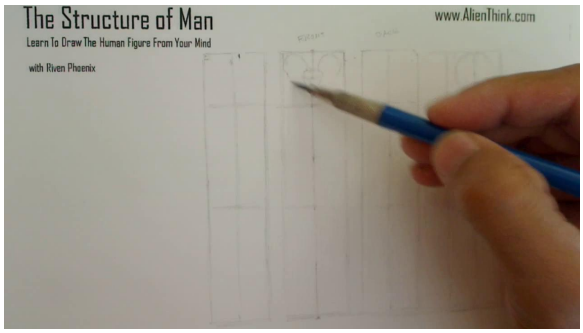
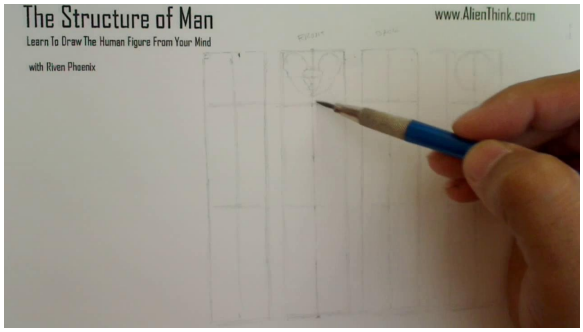
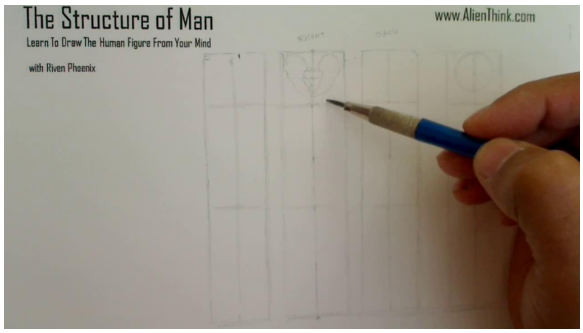
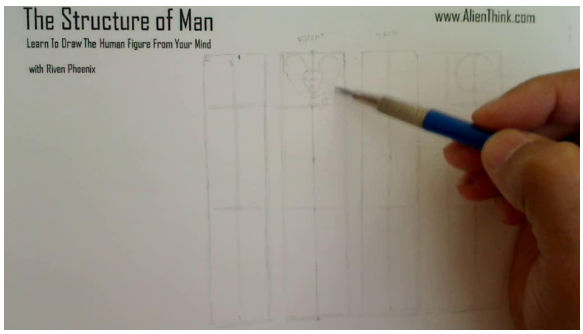
81		We already know how this whole system is going to work.
82		It's going to be very simple to make now.
83		Right, we know that, right, it's just going to go like this.
84		I'm going to get the socket joined over there.

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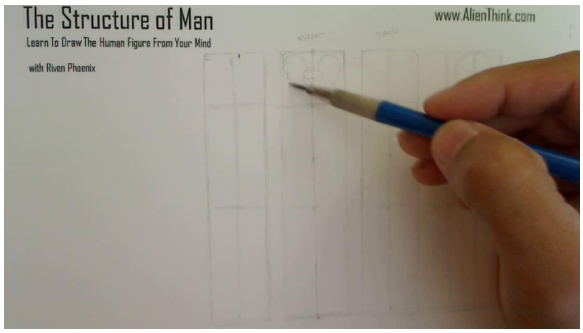
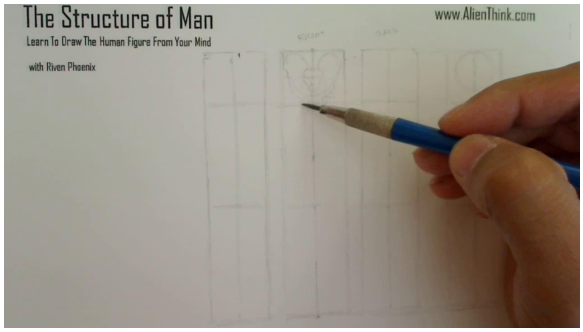
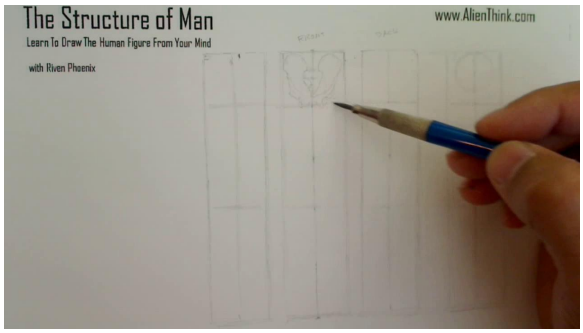
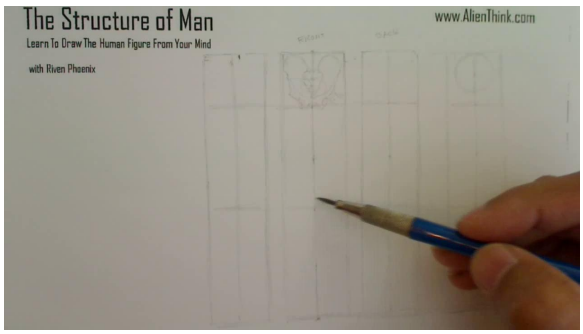
85		Right, I'm going to get this like this over here.
86		I'm going to get the socket joined like this.
87		Right, and then I'm going to get the bones over here.
88		Now the thing is we've got to go up about the knee because the knee is really going to sit over here.

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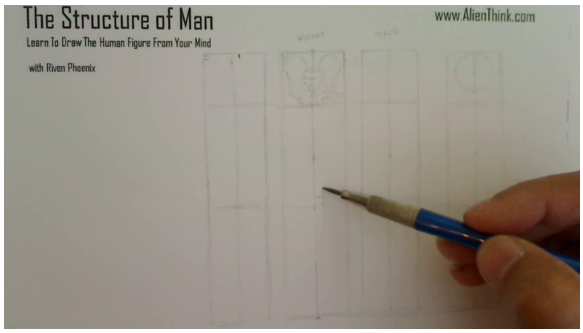
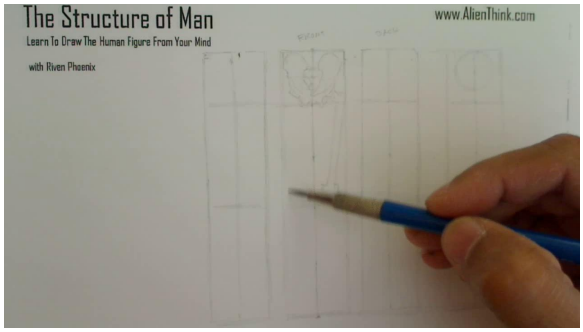
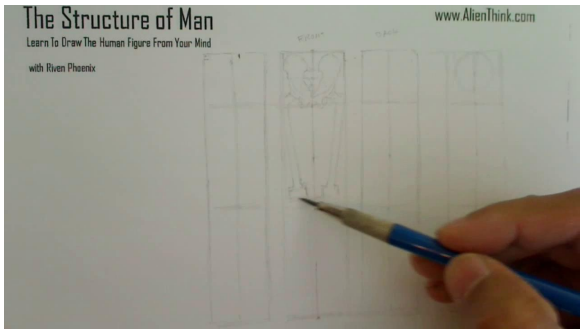
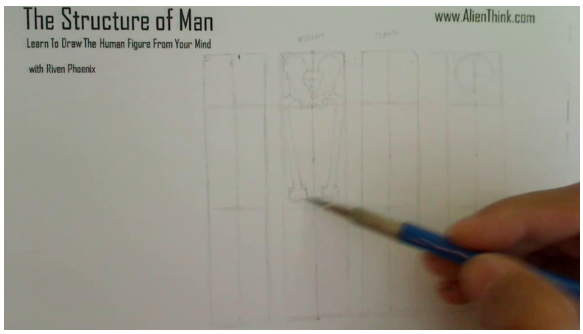
89		And then you said, okay, right, and you're just going to pretty much get the femur over here just like this.
90		Right.
91		Okay, and then here we're going to get the...
92		The tibia and the fibula over here.

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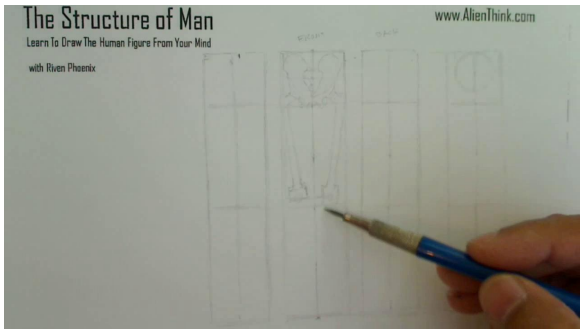
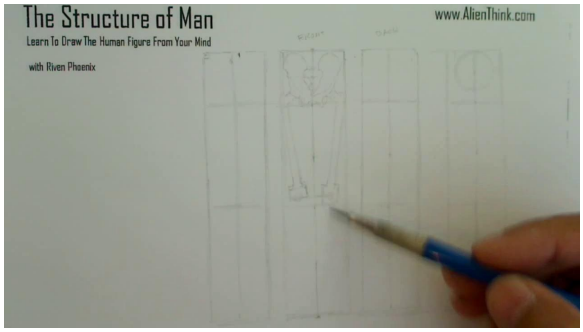
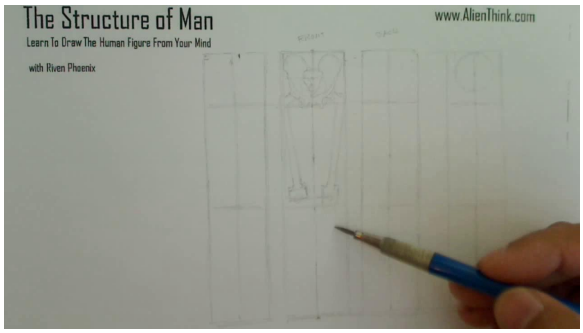
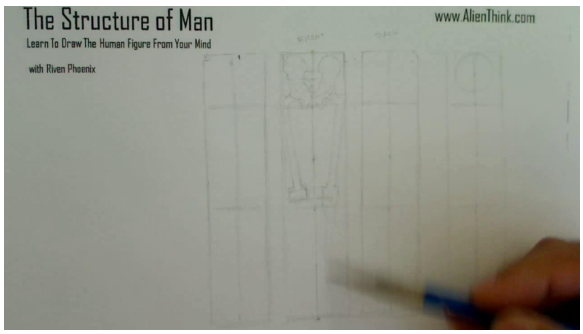
93		Right, so this is going to be easy.
94		We know that, okay, right?
95		It's really just going to...
96		Here, we need to come up for the foot.

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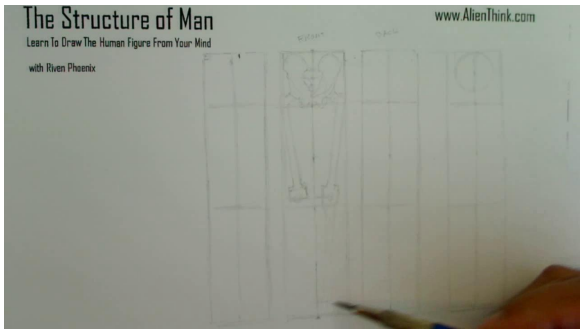
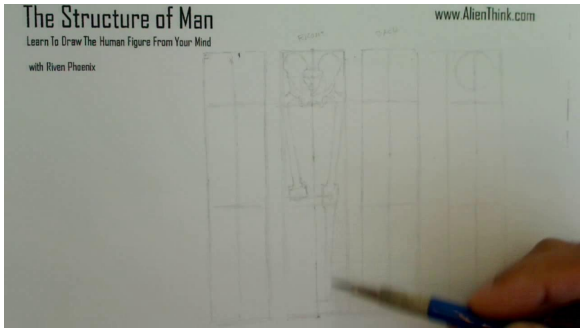
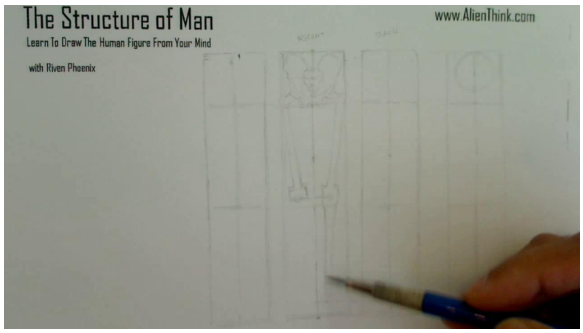
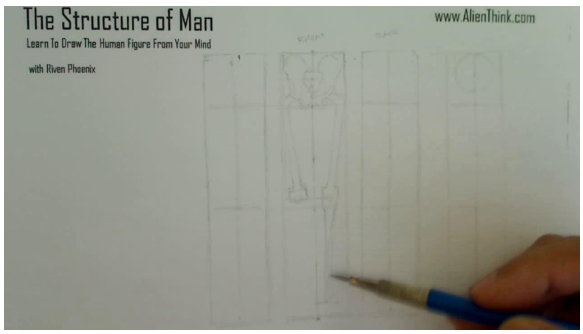
97		So we know that, okay, well, all we have to do is really just draw out the bone structure.
98		Over here, like this.
99		I just simply do it here and then you know you're going to get that cut like this as shape over here.
100		Right, that's that cut.

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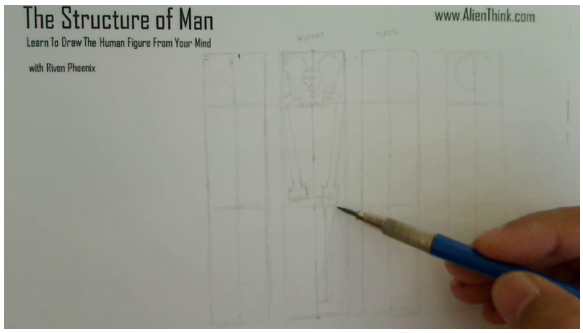
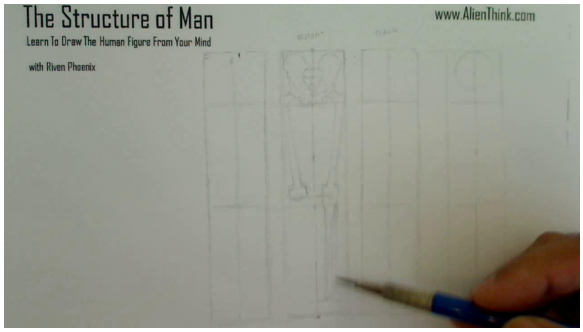
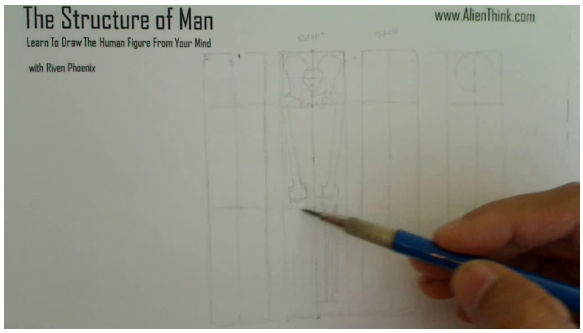
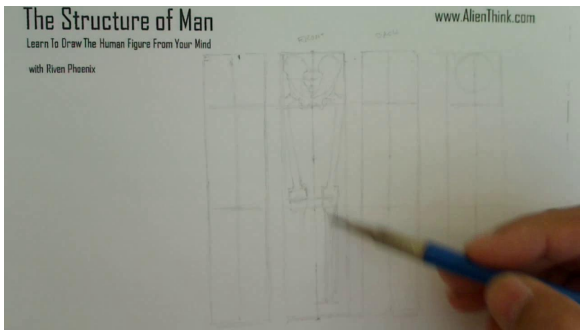
101		And then here you're going to get the...
102		The fibula.
103		And then over here, I'm going to get the same thing.
104		Just like this over here.

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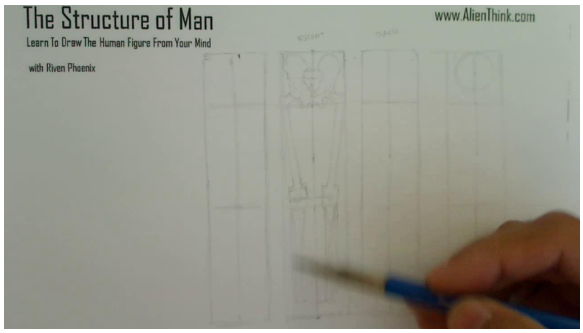
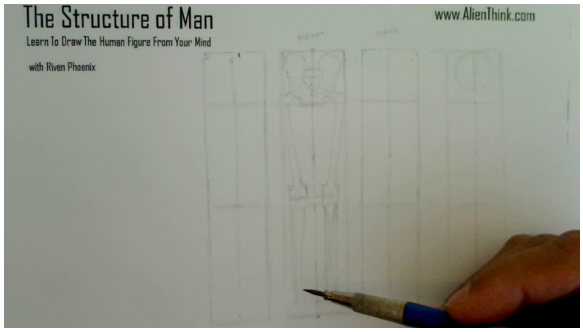
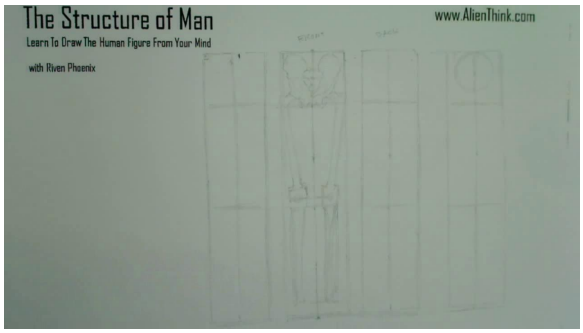
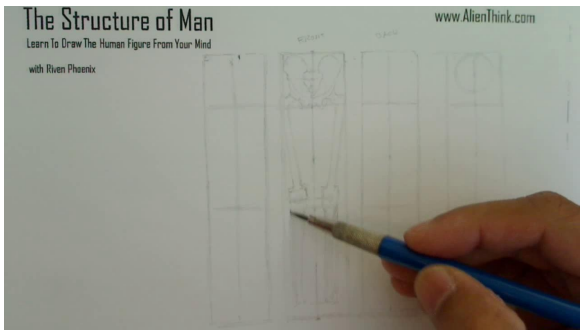
105		Right, so now we can...
106		Let's actually go back to one of our drawings that we did earlier of the lower legs.
107		Over here, I can just show you if you can have access to the lower legs as well.
108		And over here, right, so over here, when we draw it out.

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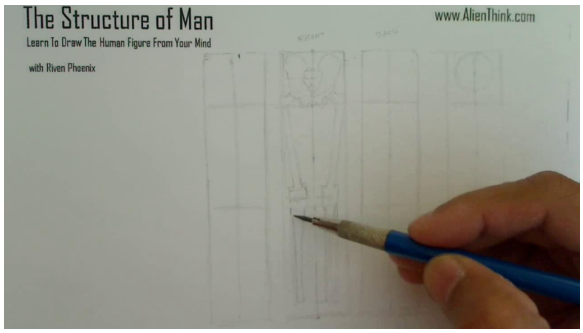
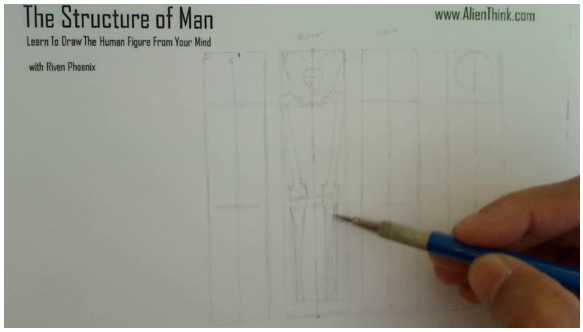
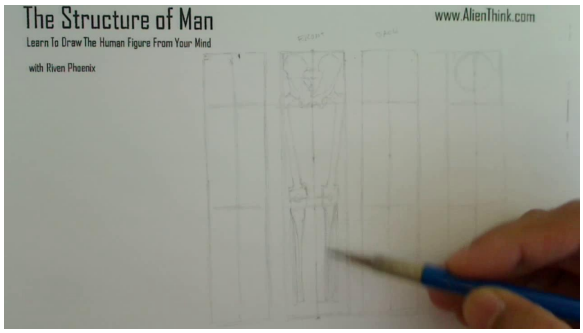
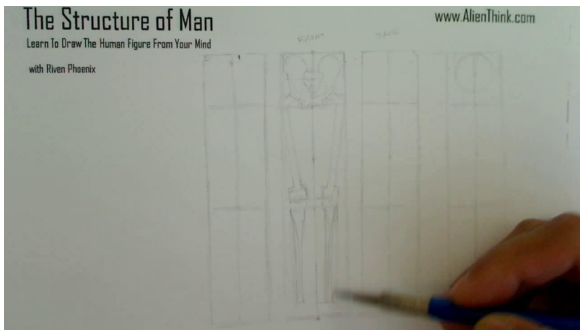
109		Right, so the S mark is just going to come in this way over here.
110		Right, from here, just like we did it over here.
111		I couldn't find the drawing, sorry.
112		It's somewhere buried in there, so...

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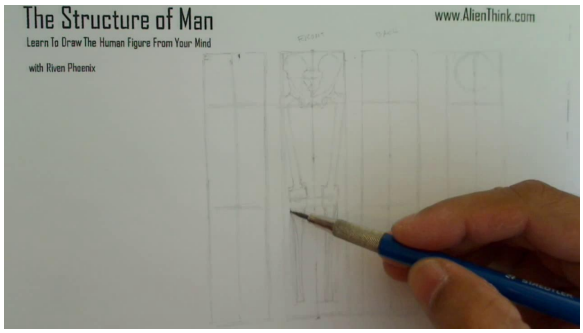
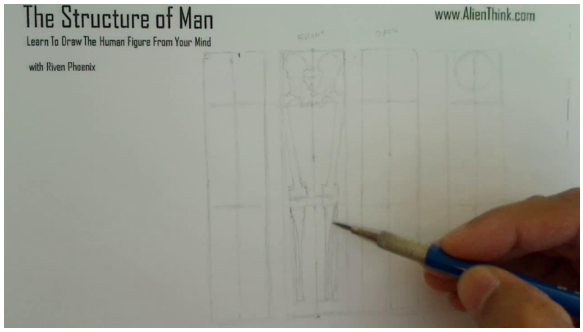
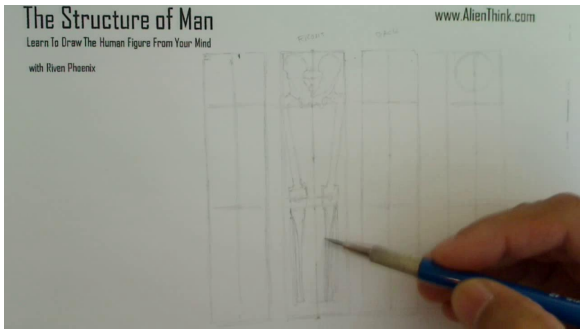
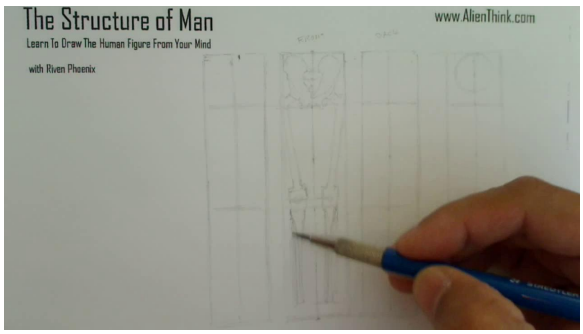
113		But I just wanted to show you where that S mark is coming from.
114		Right, it's just like how we did it over here.
115		It's just going to come out this way.
116		Right, so here we just got the basic idea for this.

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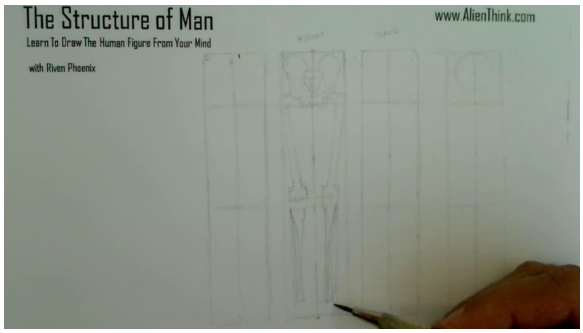
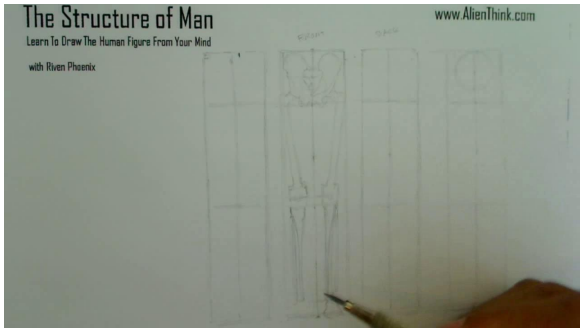
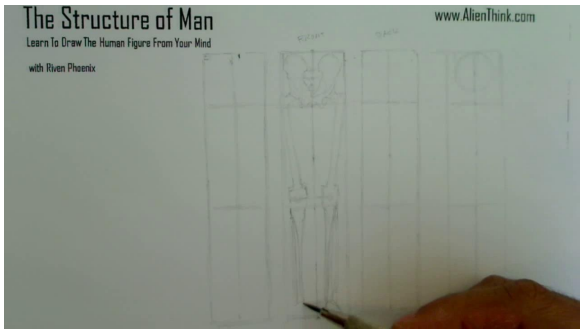
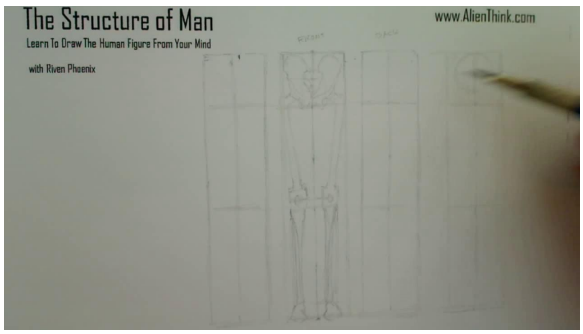
117		And here we can simply just think of this here, like this.
118		Or simply just coming out in this way.
119		Okay, so here...
120		I've got the front done.

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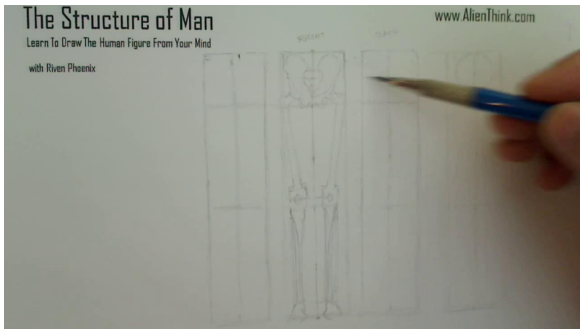
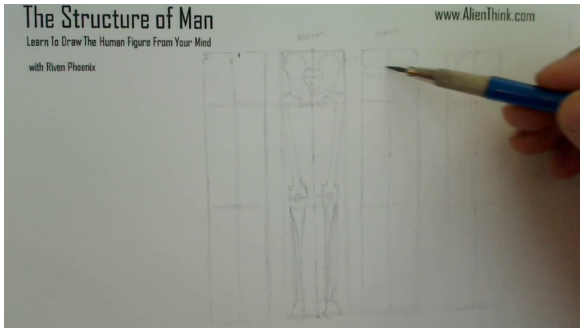
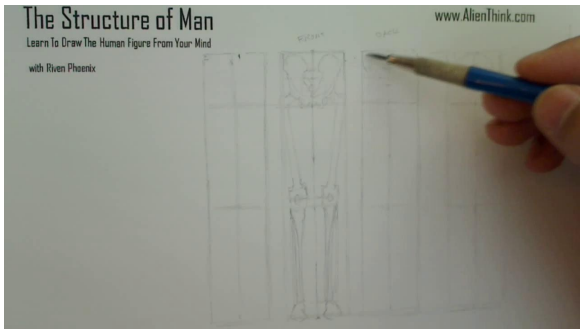
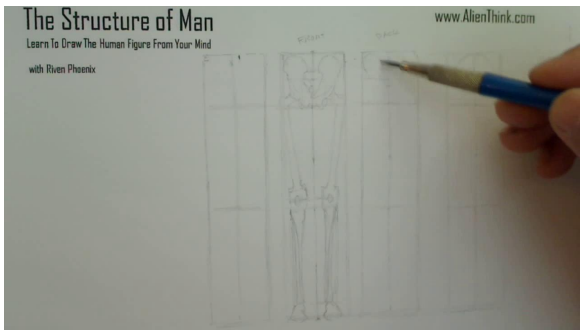
121		So here the back is going to be basically the same thing.
122		Just dividing this in three equal parts and saying that, okay, well...
123		Here's the...
124		Here's how the back is going to be over here.

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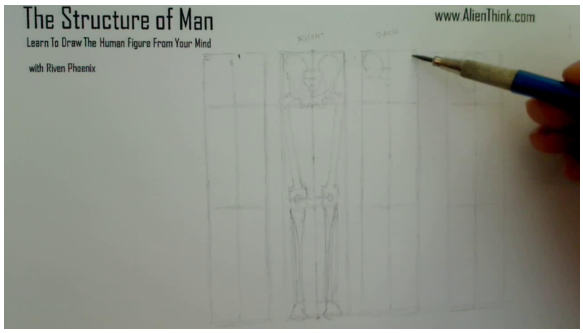
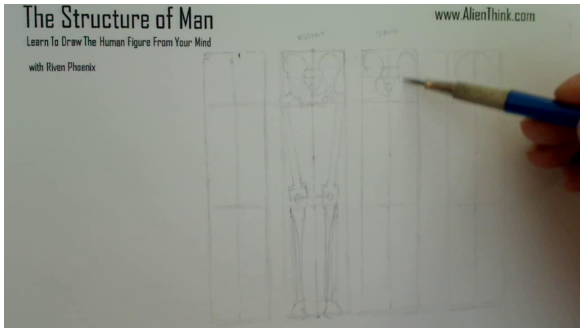
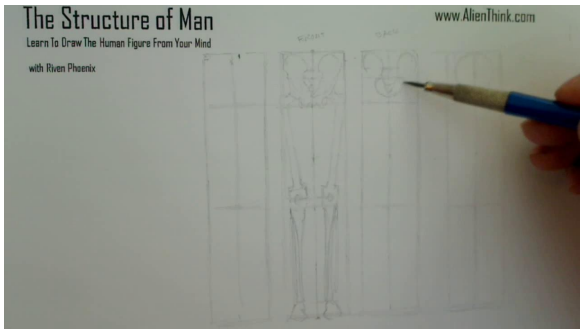
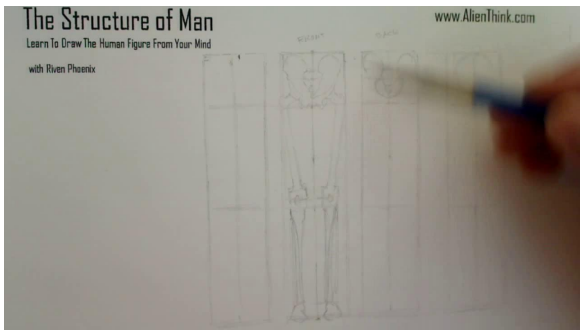
125		And I'm just going to fill it in first.
126		Okay, well, you can refer to your...
127		The drawings that you did.
128		I just wanted to see if I could show you real quick here.

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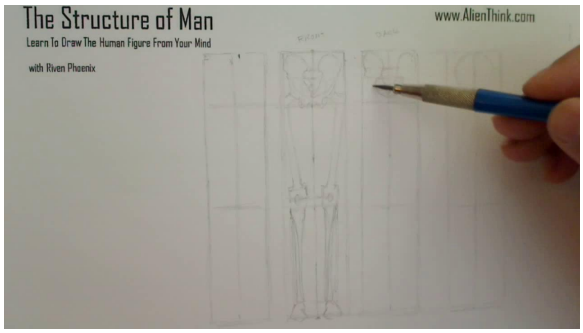
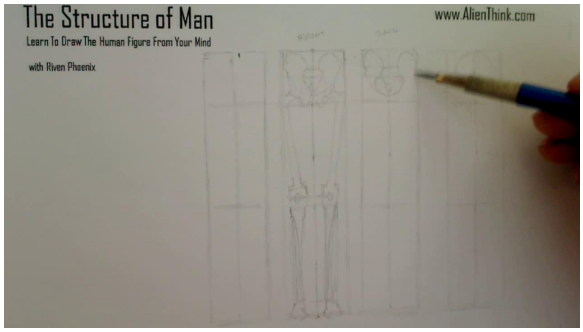
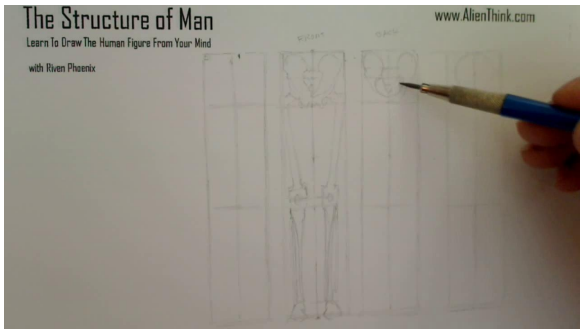
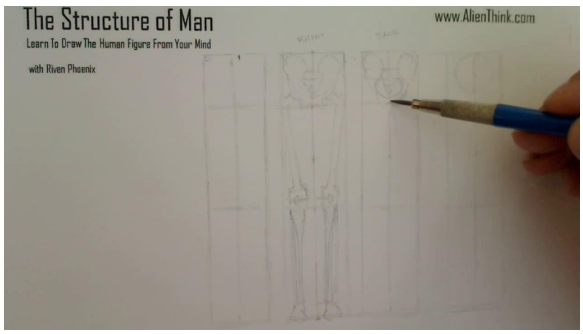
129		Just to refresh your memory on that.
130		But just look at it on your end.
131		Okay, so here it's just going to be going in this way over here.
132		And this is just going to come like this.

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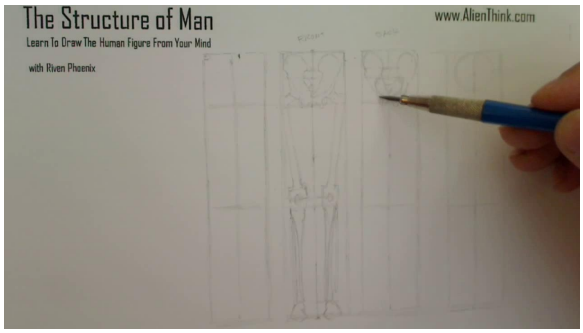
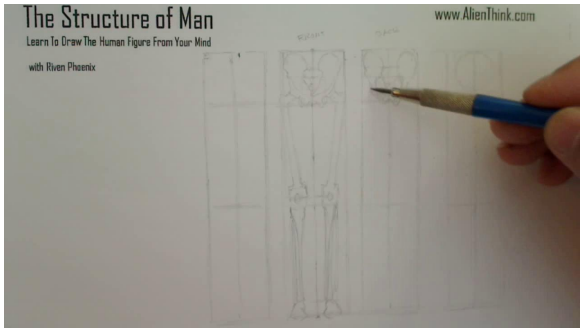
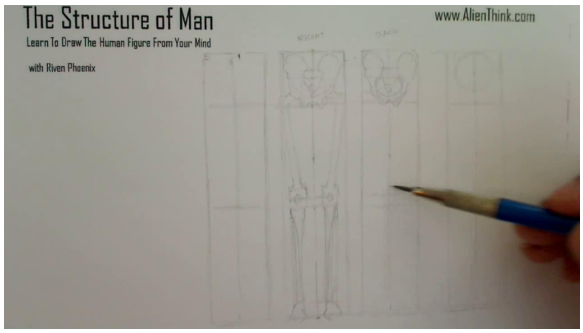
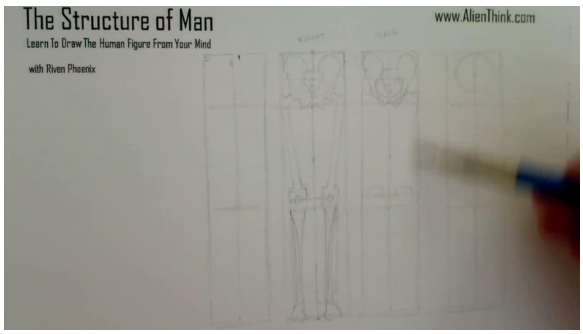
133		Right.
134		And then we know right above here is going to be where the knee is going to be.
135		So I'm going to get basically the same concept again over here for the bone structure.
136		Just going to come like this over here.

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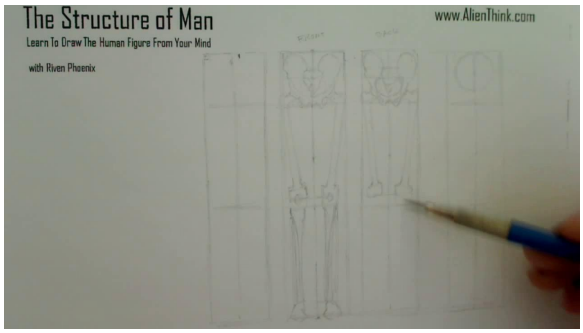
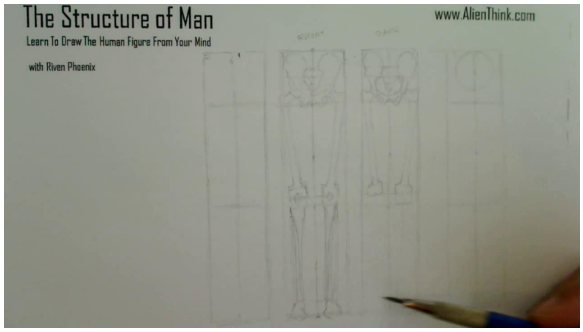
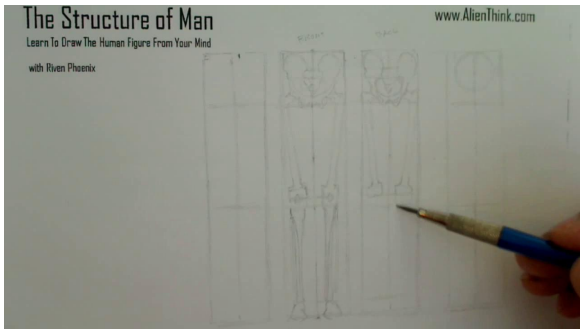
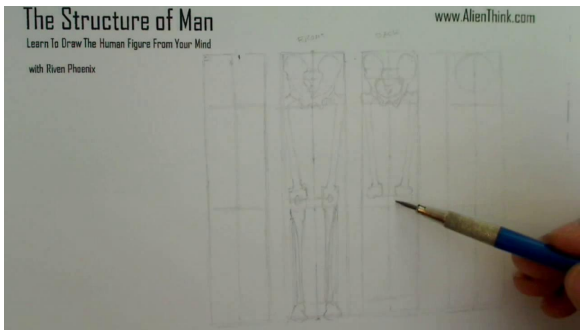
137		Okay, so here...
138		Again, I'm going to come up over here.
139		Now here you...
140		I can't find the drawings that we did.

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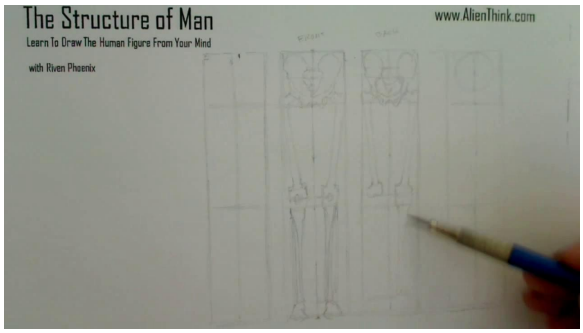
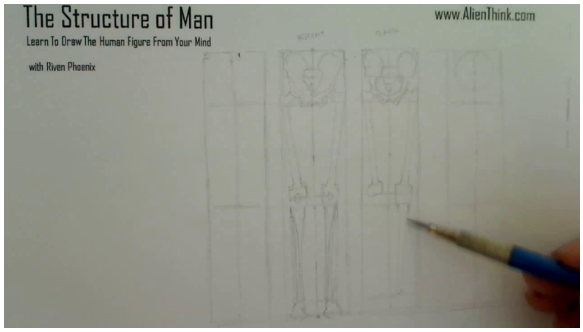
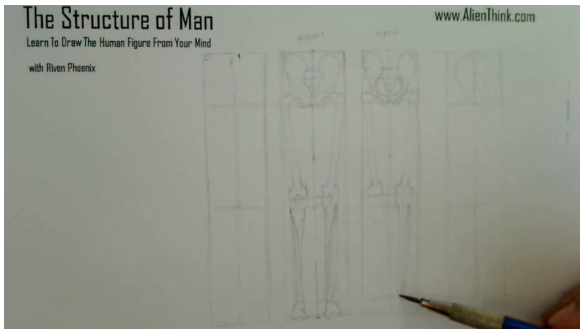
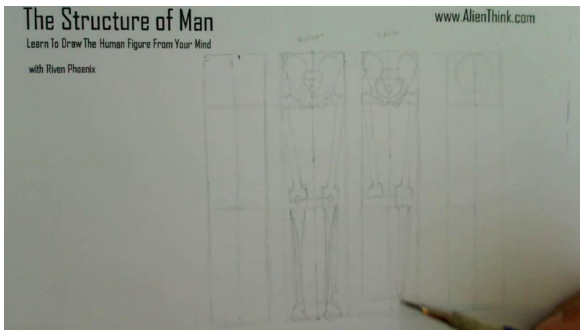
141		Just refer to your own notes over here about this section here, right?
142		So you're just going to draw this out like this for the fibula.
143		And just draw out the back.
144		So for the back it's going to be easy.

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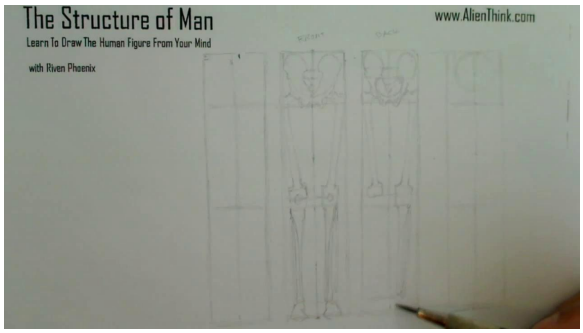
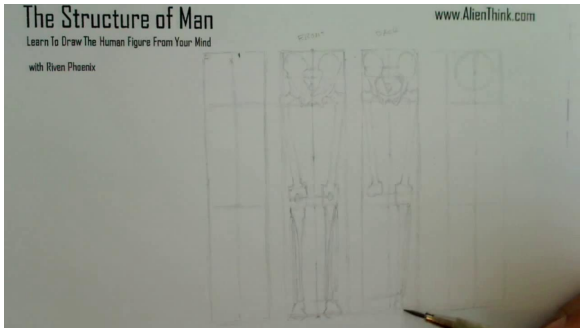
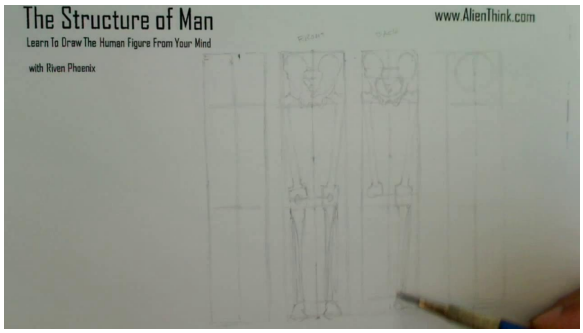
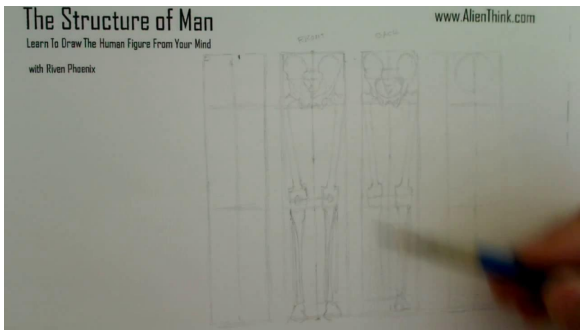
145		You can just put a heel down like this over here.
146		And then you can curve it out a little bit like this.
147		Let's just show that it's going in that direction.
148		And this is just going to go over here.

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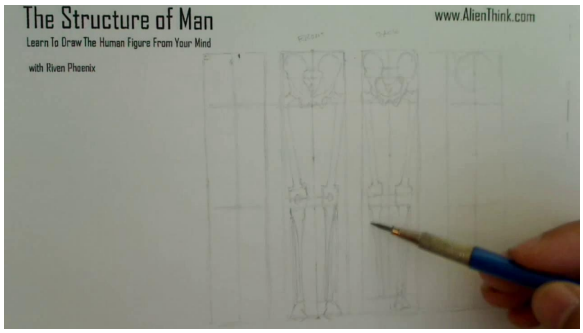
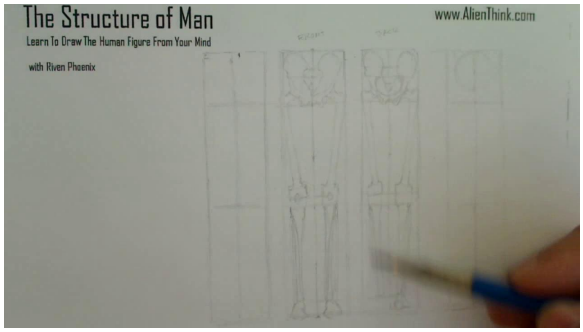
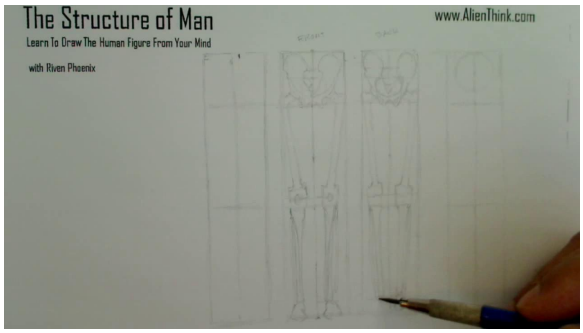
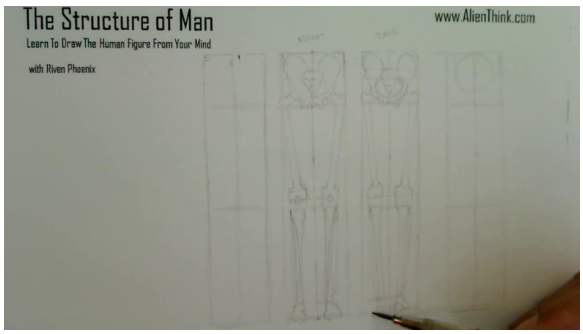
149		And then over here I'm going to get the fibula again.
150		Right.
151		I'm being light with all this stuff over here.
152		I'm going to change...

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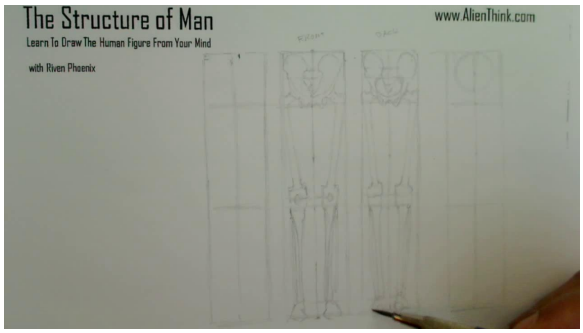
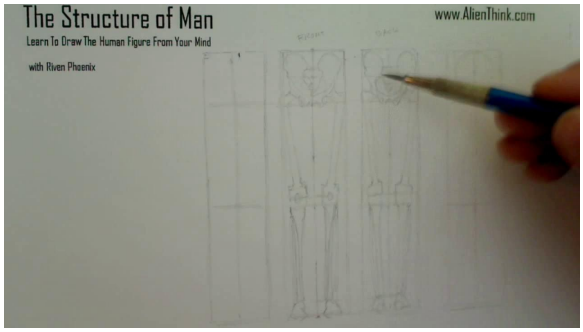
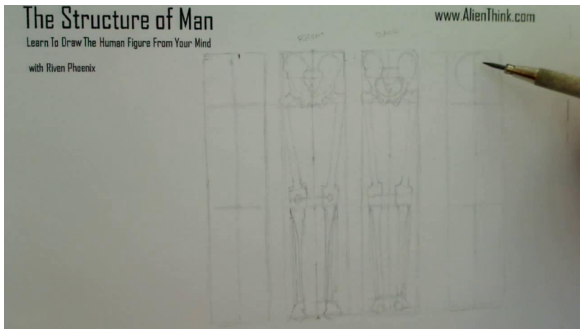
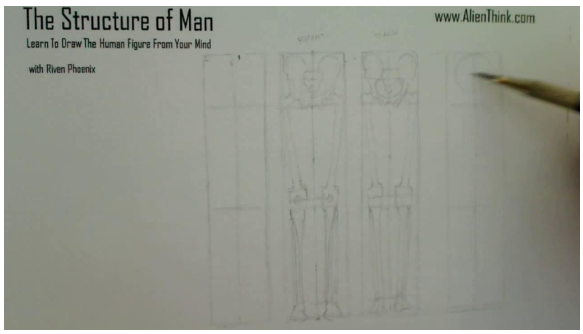
153		I'll fix it up in a bit.
154		Right.
155		And then here for the side we're going to do the...
156		The side over here again is just three...

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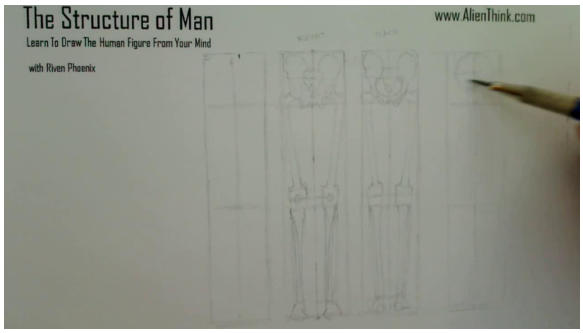
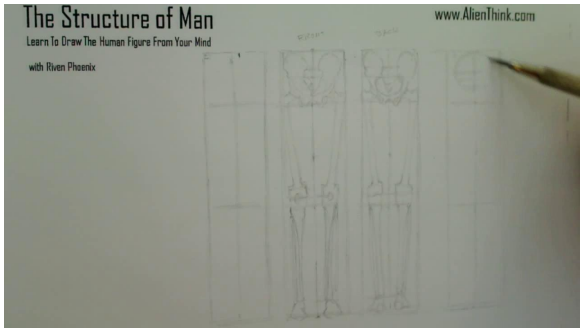
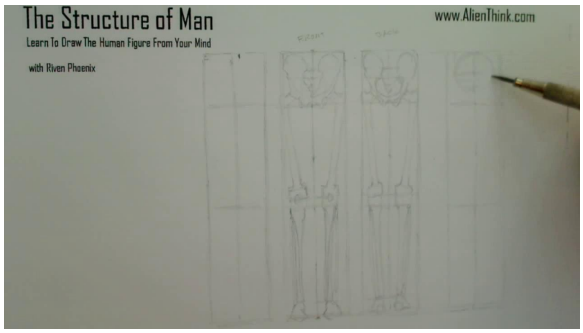
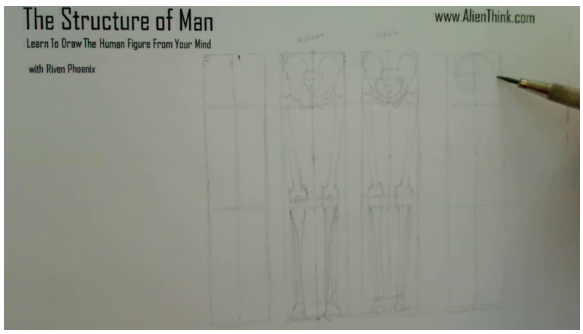
157		You force view, but you know that where this is,
158		that you're going to come in a little bit.
159		Right.
160		This is because when the nose is here, we know that we were going to do this.

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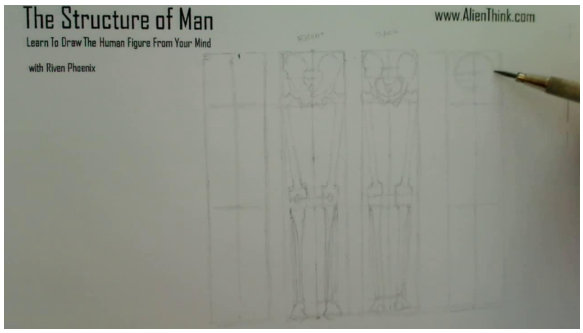
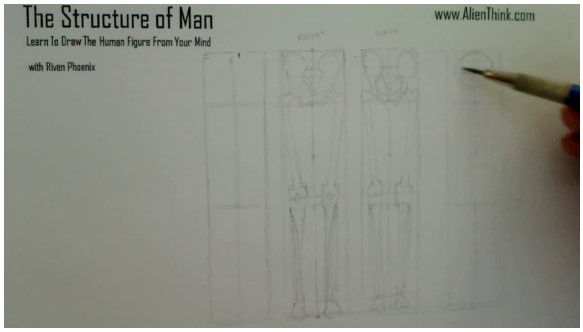
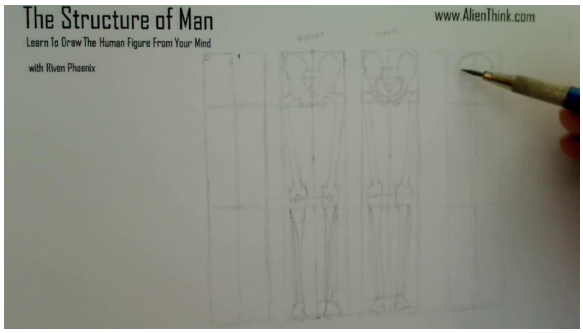
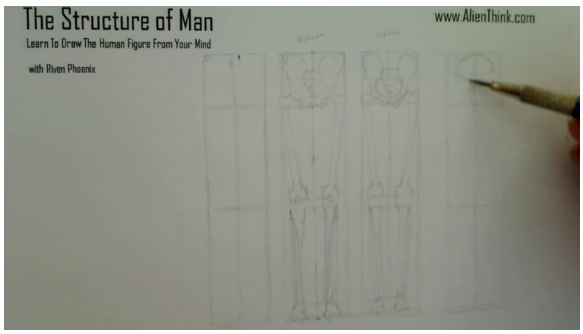
161		So we know that, okay, we're just going to come in a little bit over here really.
162		And then start to draw this out like this over here.
163		Right.
164		And then this is going to just come like this over here.

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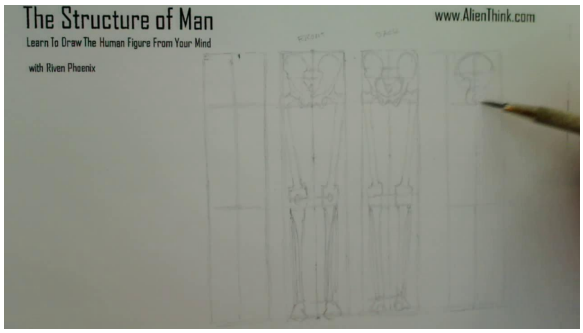
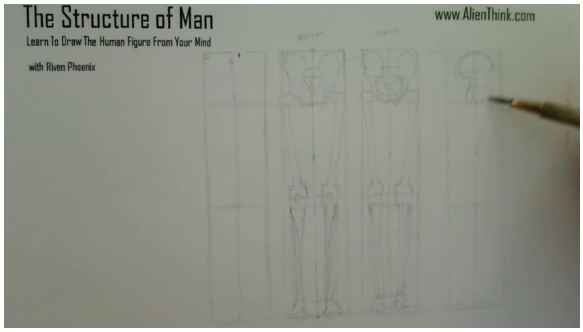
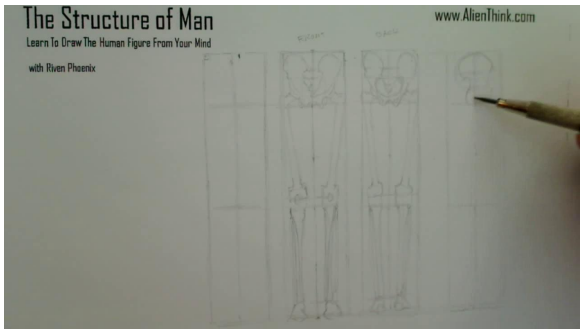
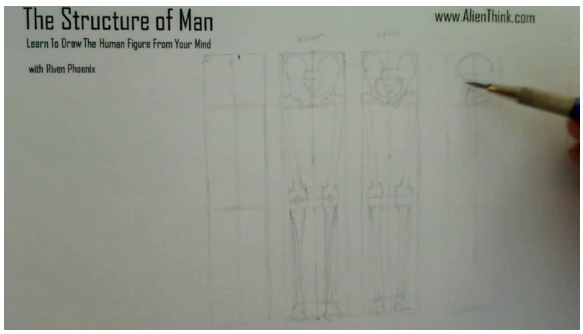
165		And then going to wrap itself up.
166		Right.
167		And then it'll be done.
168		Right.

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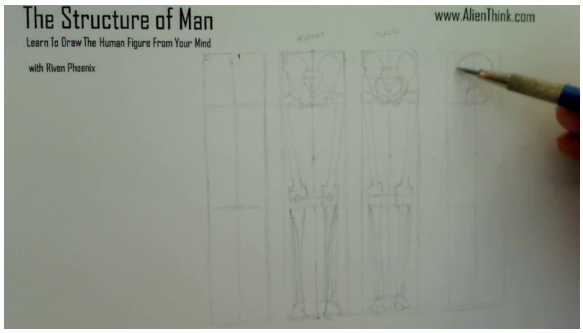
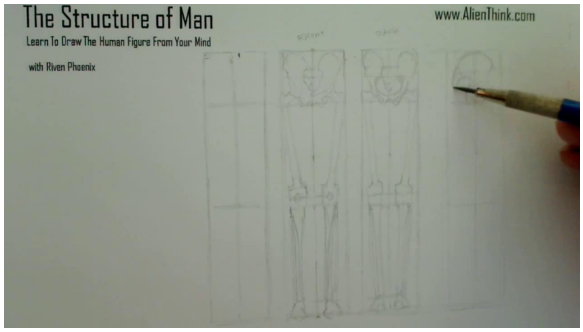
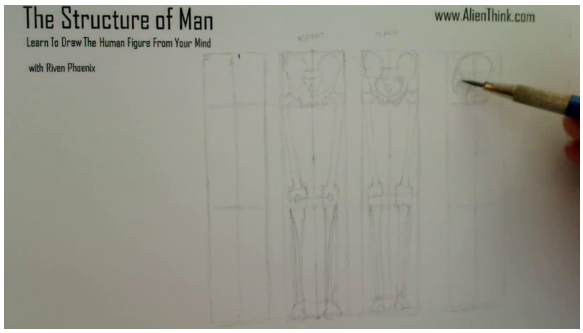
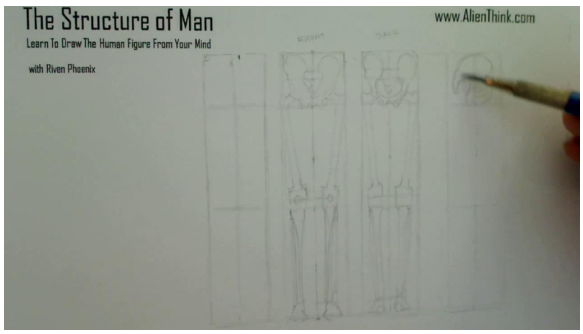
169		That's how easy it is to draw out the back.
170		Just like this.
171		Okay.
172		So again, this is going to come down to our very simple mannequin system that we talked about.

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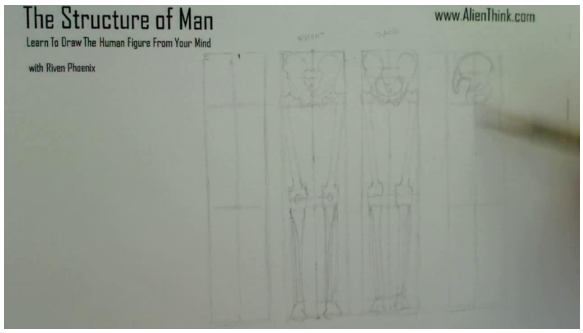
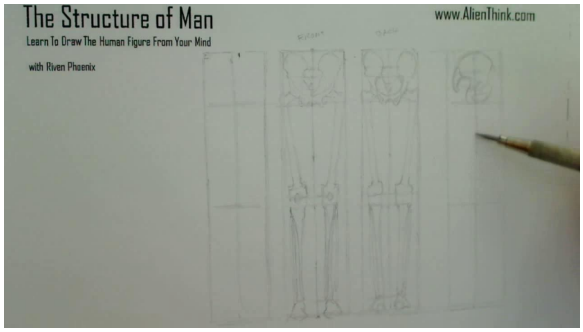
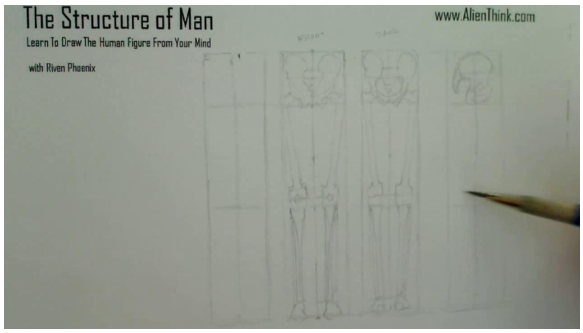
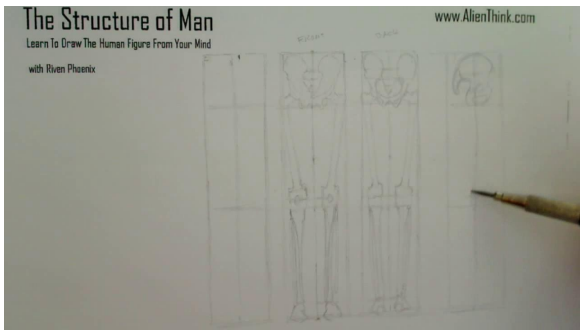
173		And this is going to be easy.
174		We know that, right.
175		It's going to be just like this over here.
176		And then when I draw out the femur bone,

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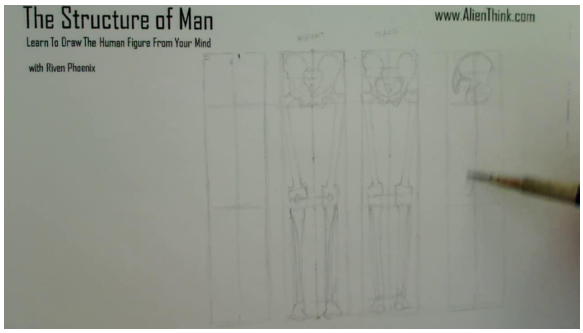
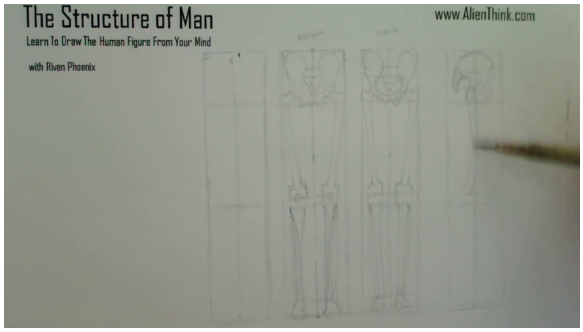
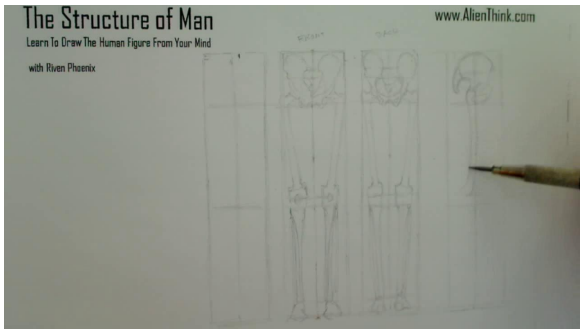
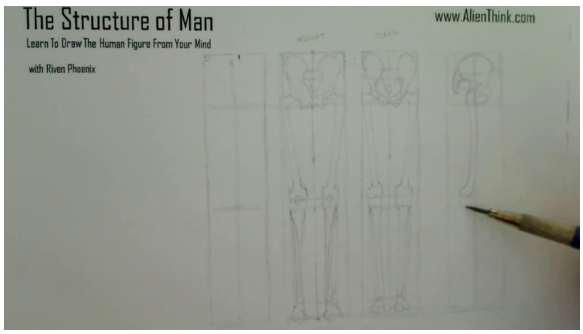
177		it's really just going to come like this over here.
178		Right.
179		It's just going to be like this over here.
180		Then over here, I'm going to draw out the,

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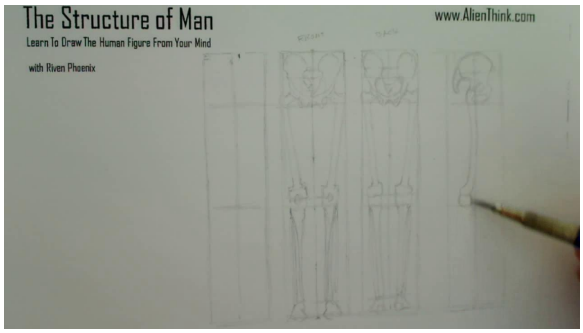
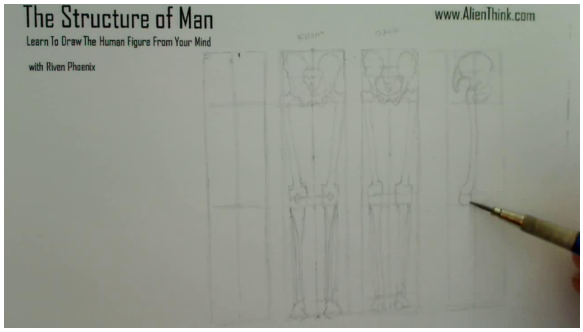
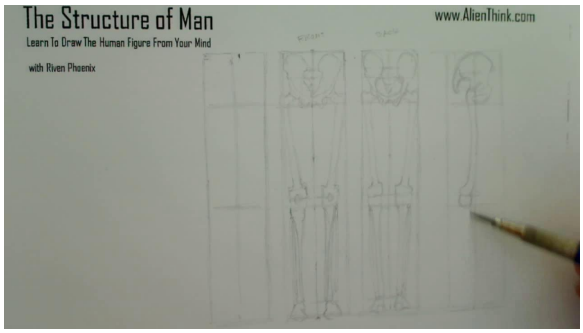
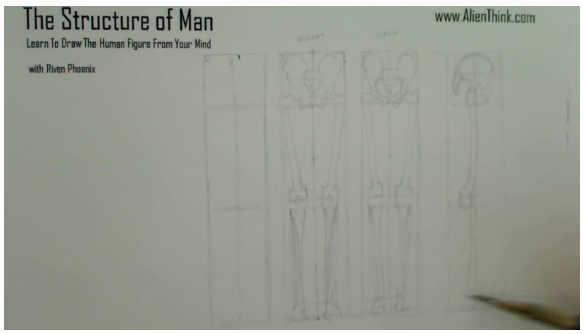
181		the tibia.
182		And when I draw this, this tibia out,
183		I'm going to go in a little bit over here like this, right.
184		This is where your foot would be.

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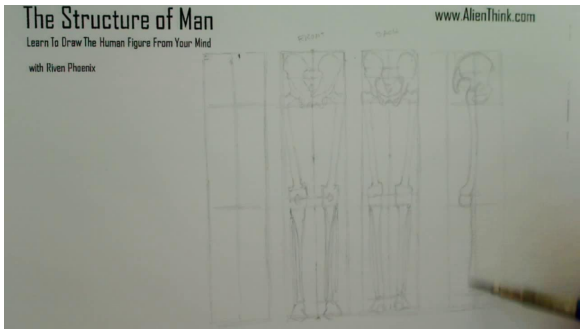
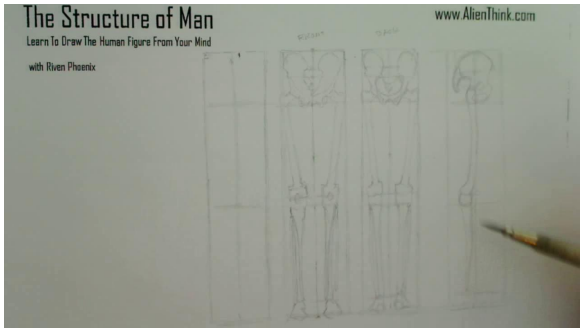
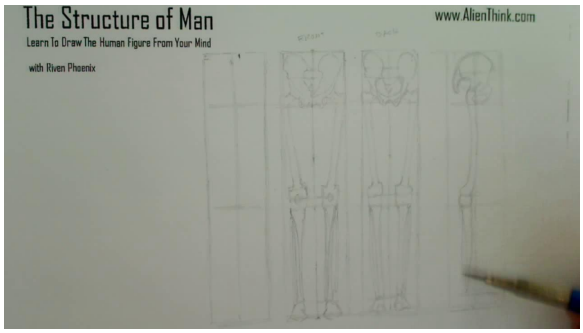
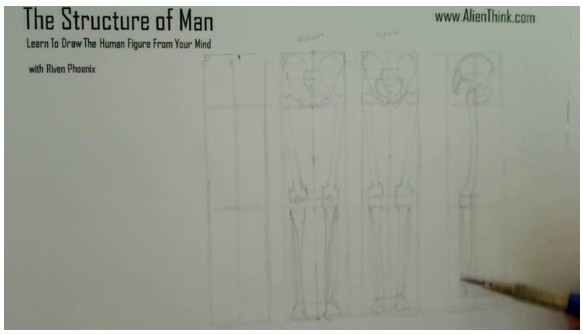
185		You can just draw out like this over here.
186		And then you know that, okay, I understand that the fibula
187		is just going to be over here on the side.
188		Right.

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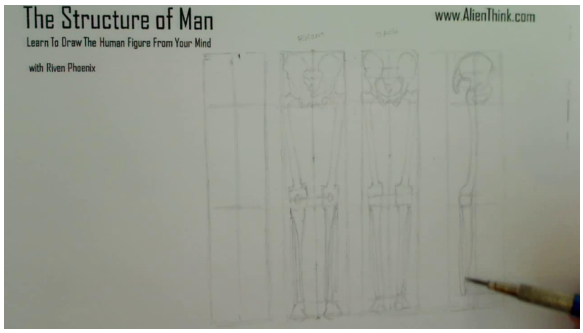
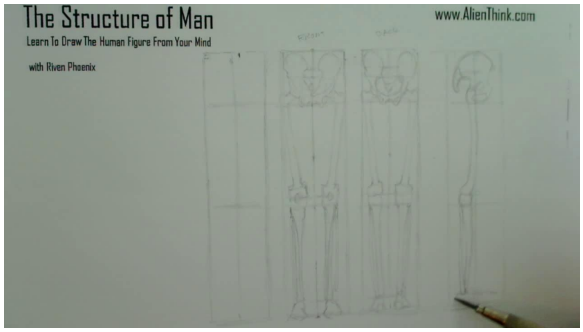
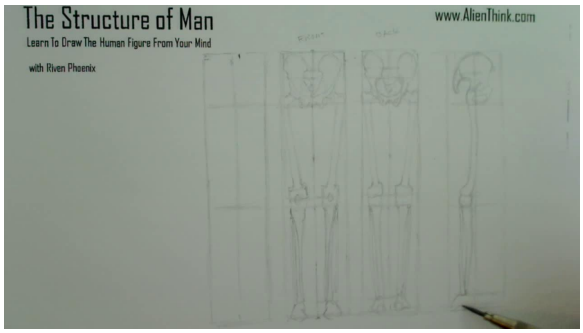
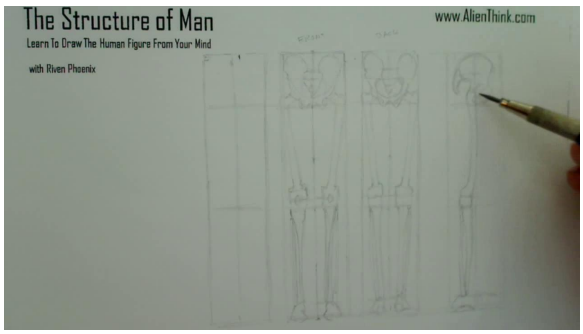
189		We just have to be very easy with these ideas here.
190		And then the foot is going to be very simple.
191		We already know, right.
192		I'm drawing the outer part here.

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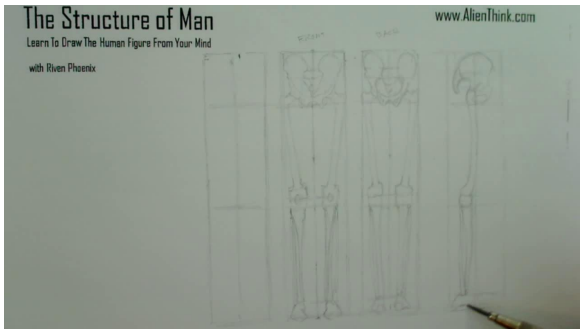
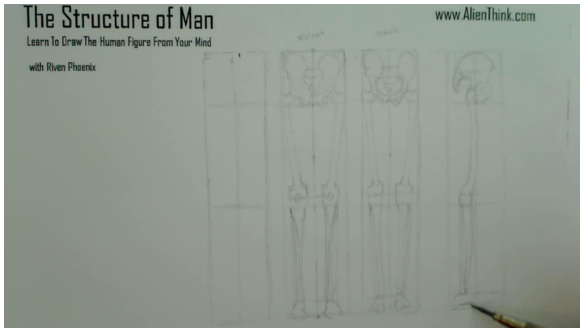
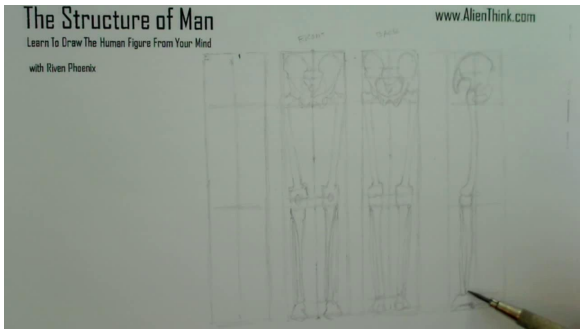
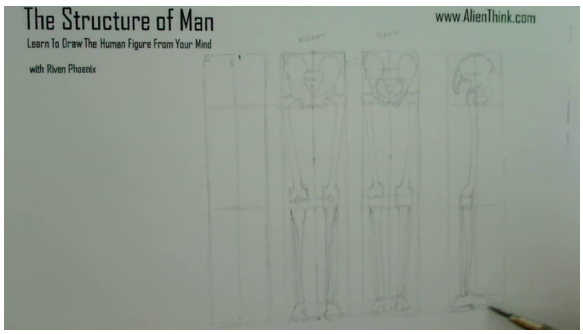
193		So I'm going to get that idea for the foot.
194		I'm going to get this wedge in here.
195		And then this is just going to come like this.
196		Right.

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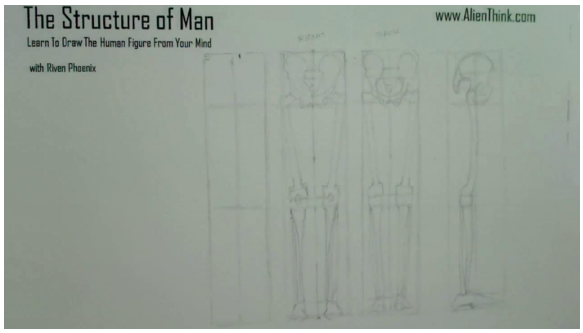
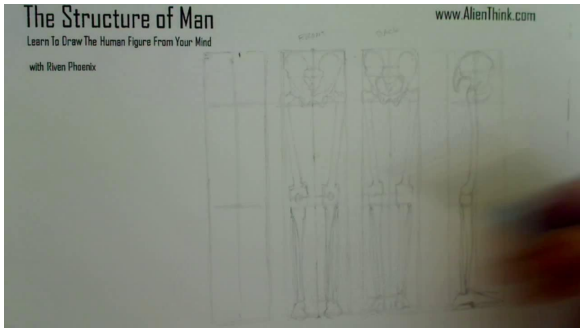
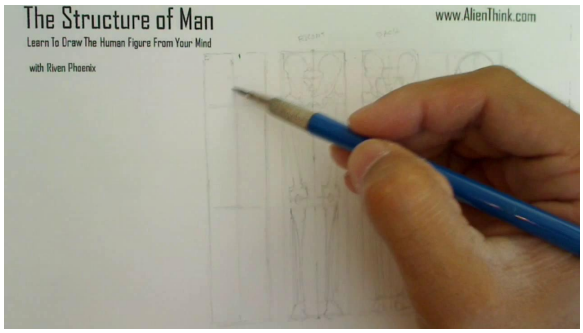
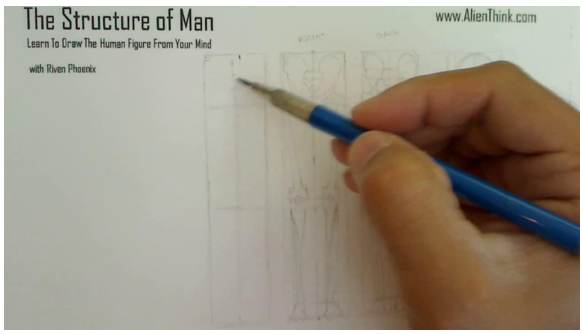
197		Very easy to make.
198		And then over here, we'll do the same exact thing.
199		Knowing that, okay, well, it's going to be divided really
200		in three-fourths.

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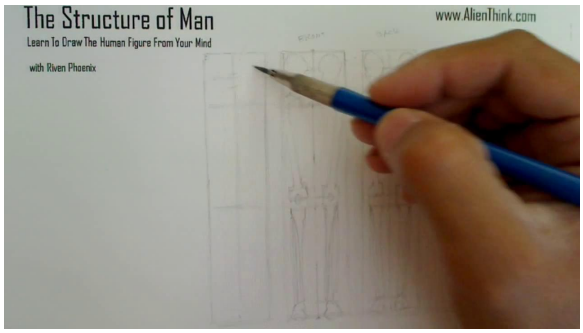
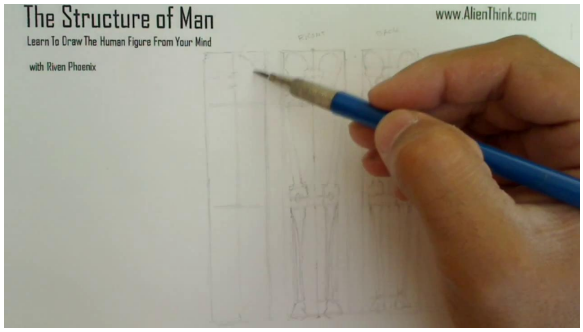
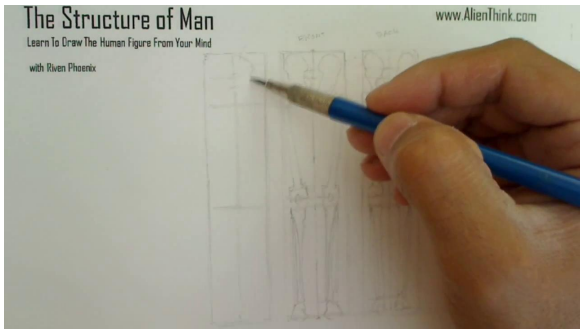
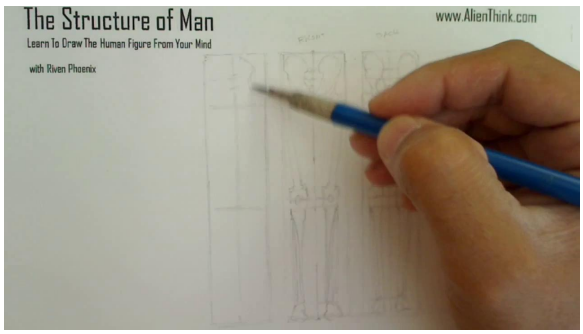
201		And then over here, I'm really just going to come in more
202		like this.
203		Right.
204		It's just going to be this easy.

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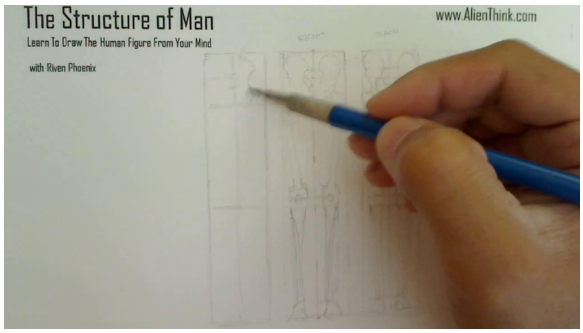
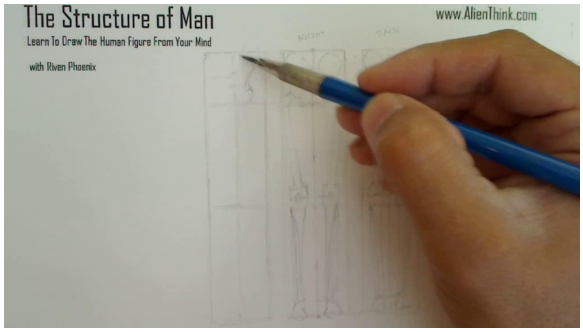
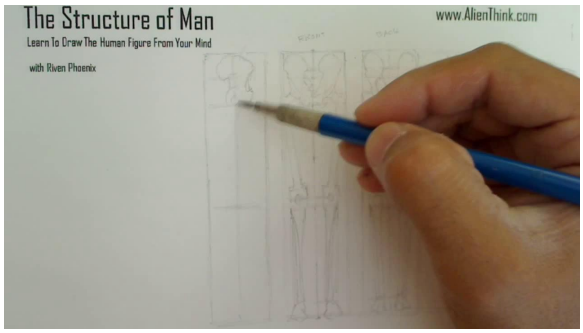
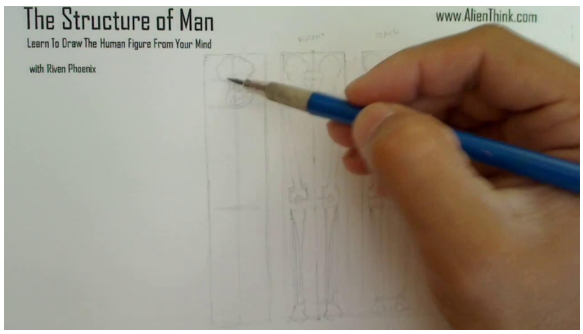
205		You can just draw it out like this simply.
206		Let's put the ideas down over here like this.
207		And then just make it go in this way.
208		Now the thing is this is the inner view.

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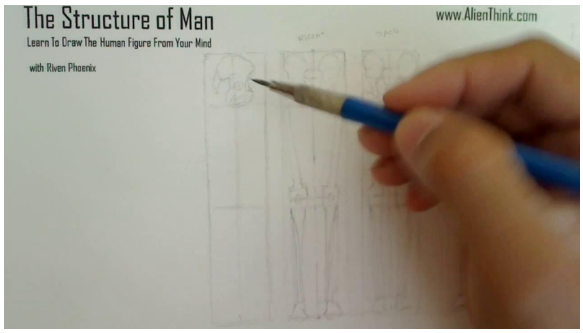
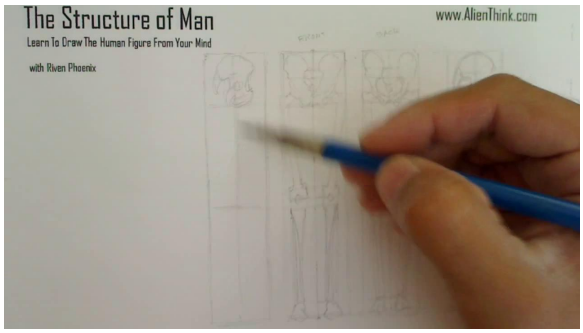
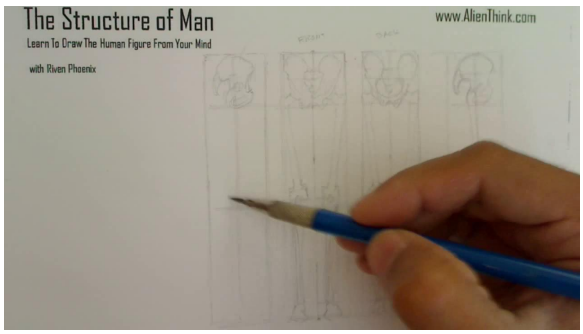
209		Right.
210		So this idea that I'm making here just put it in still,
211		but we'll erase that in a bit.
212		And here it's going to go up from here like this.

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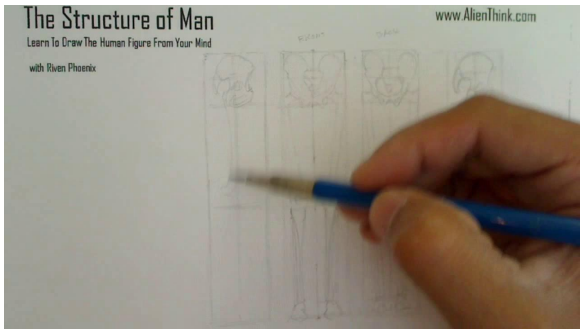
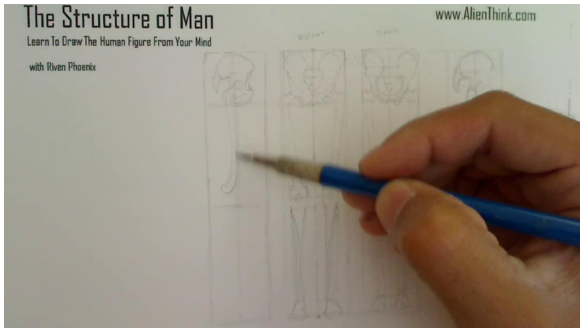
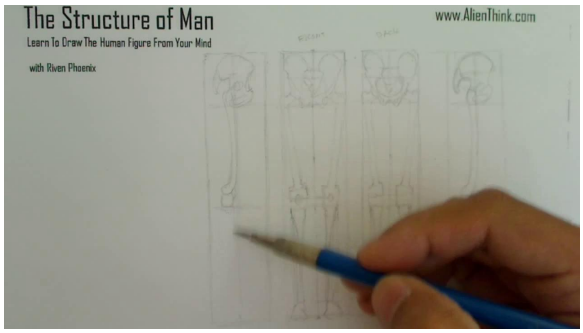
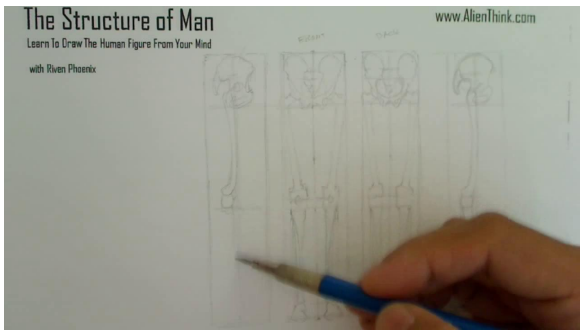
213		I'm going to draw this over here.
214		And it's just going to come over here.
215		Okay.
216		And then over here, I'm just going to come over here.

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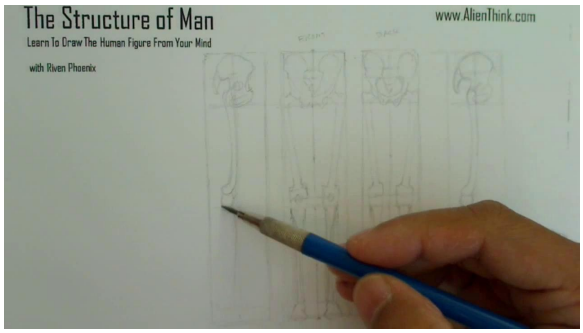
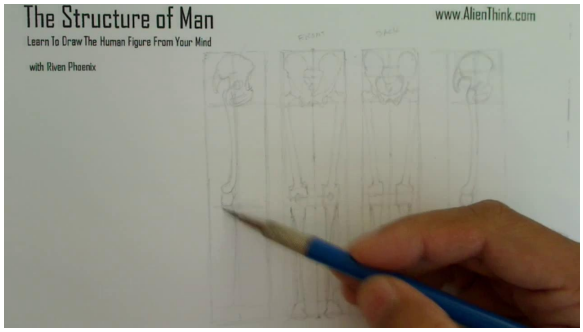
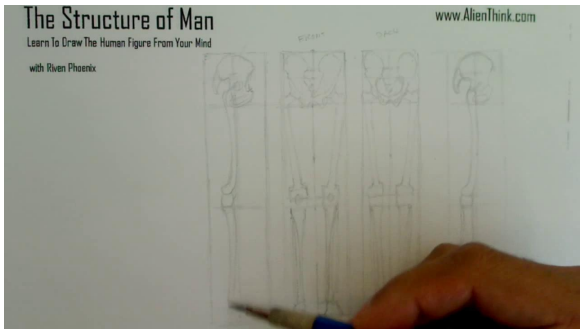
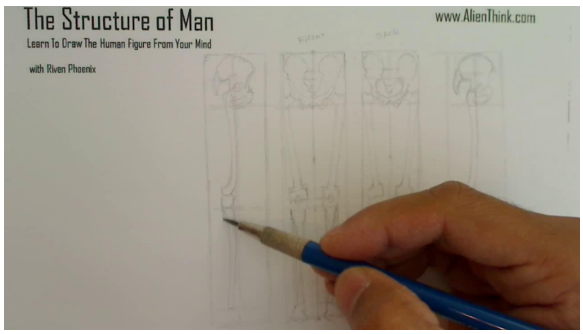
217		Right.
218		And then here simply this is just going to be, again,
219		the, the, the, the TV.
220		And then the fibula will still come.

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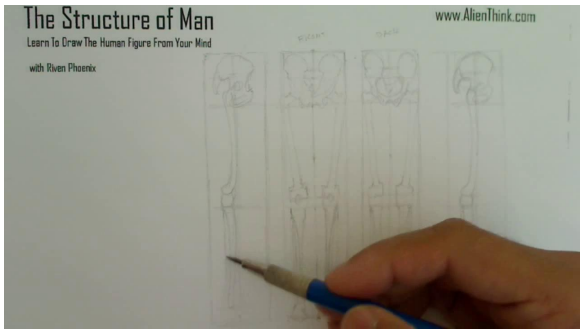
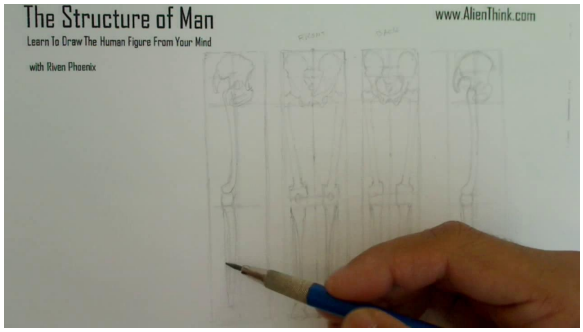
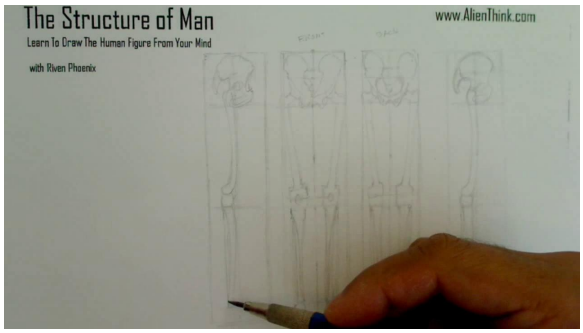
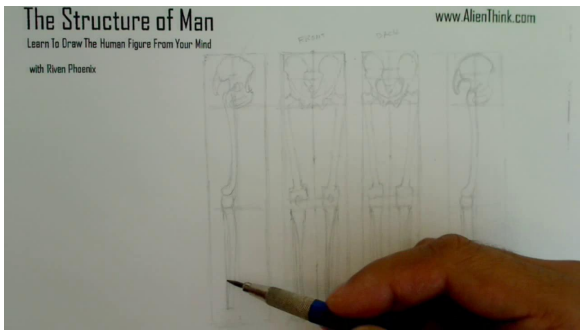
221		And but it will be on the other side.
222		Right.
223		So we won't really see much of that guy anyways.
224		Right.

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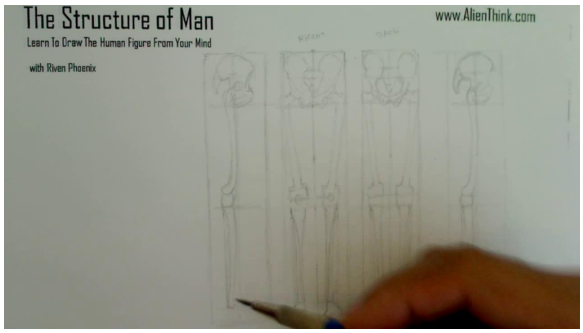
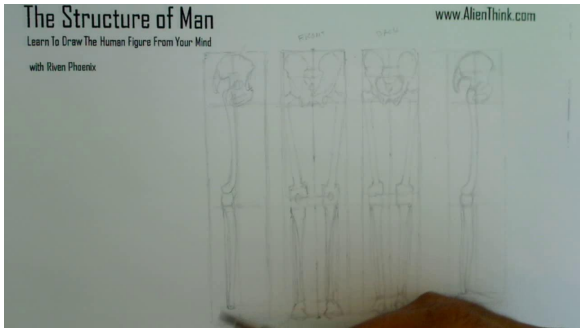
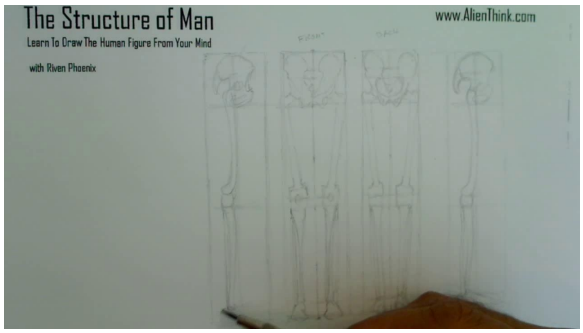
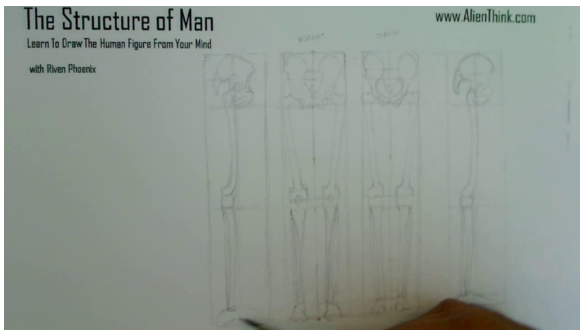
225		Then over here, we know how to do this.
226		This is the same concept.
227		Over here, we're going to get this.
228		But the, the, right, it's the same thing.

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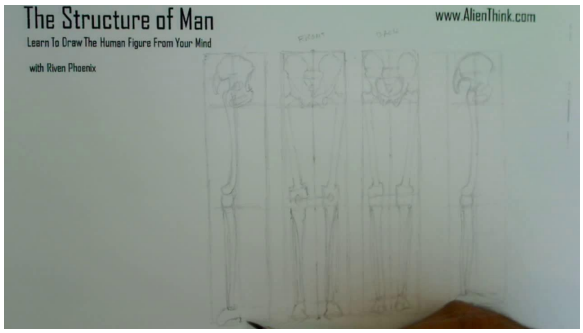
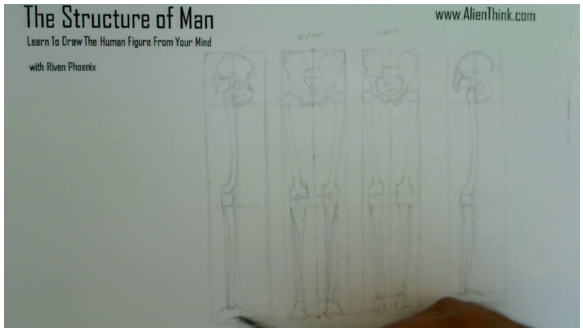
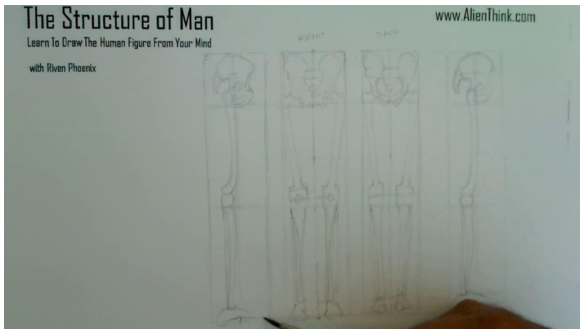
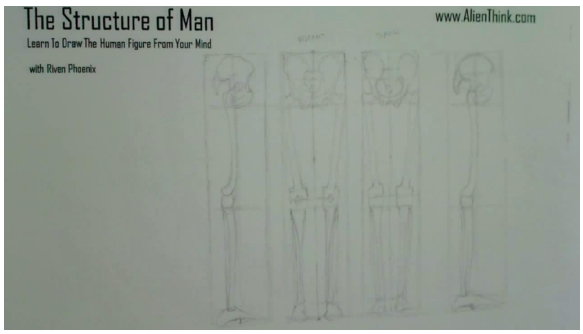
229		Just imagine it to be the same thing.
230		And do this.
231		But you know that it's going to get a curve like this.
232		Right.

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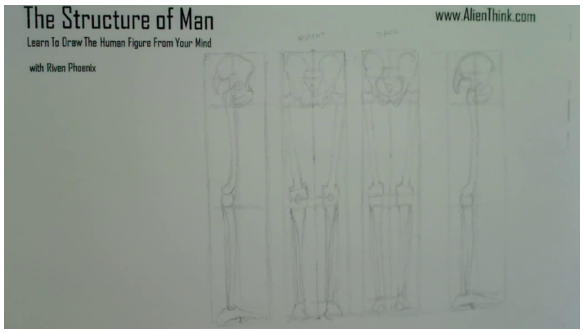
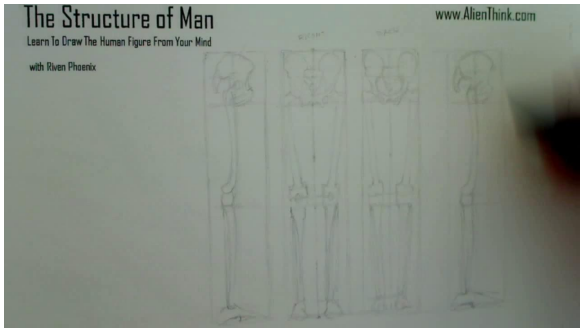
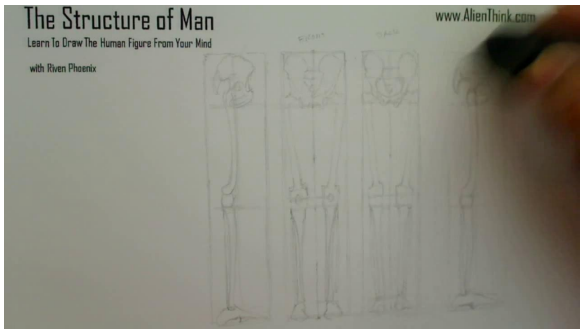
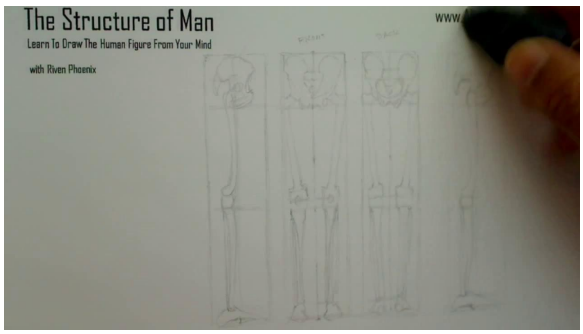
233		So now we got all these ideas in place.
234		All we have to do is now make them nice and neat.
235		So here we'll start off with this area.
236		For actually, we'll just light erase these lines here.

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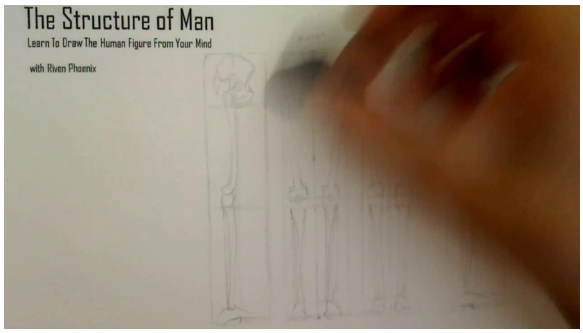
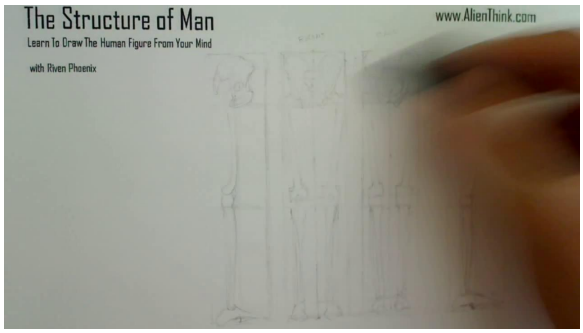
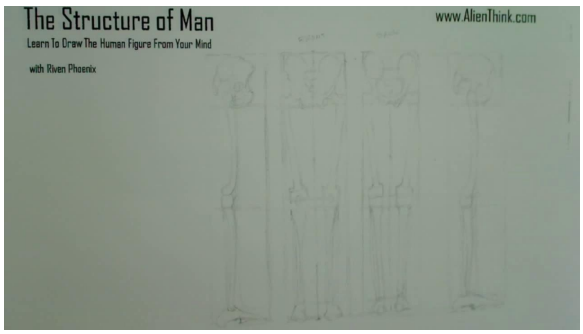
237		Right.
238		And that's it.
239		And just work with this.
240		What we have.

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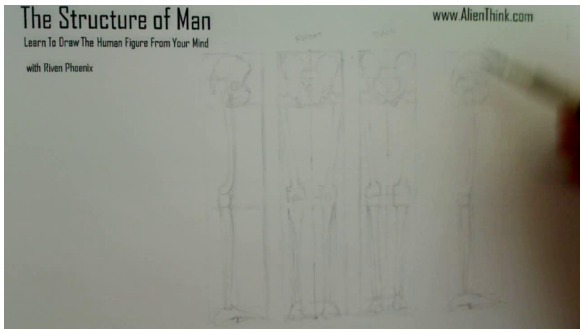
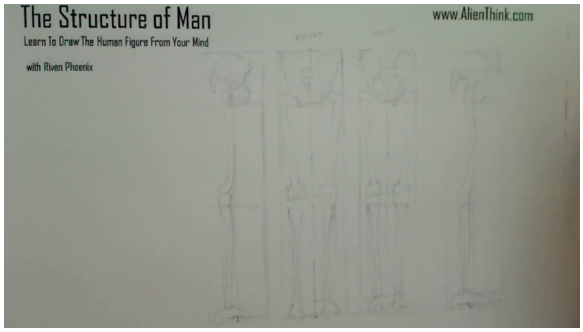
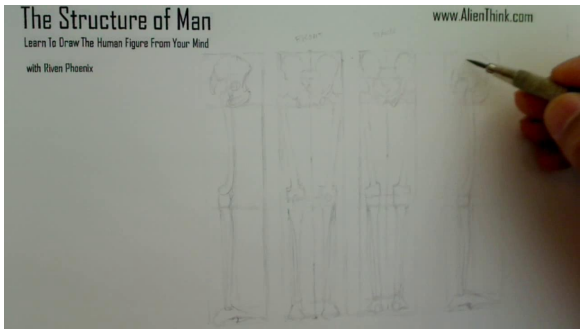
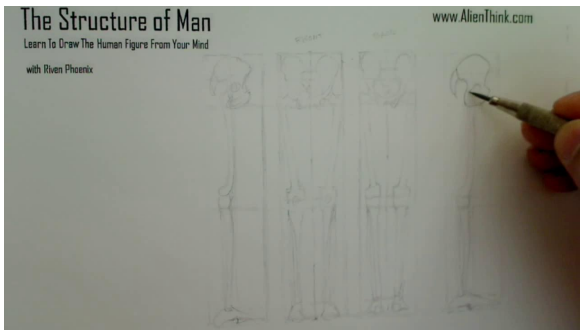
241		Okay.
242		So.
243		For this, I'm just going to make the sacrum over here.
244		And then this leg will just come in like this over here.

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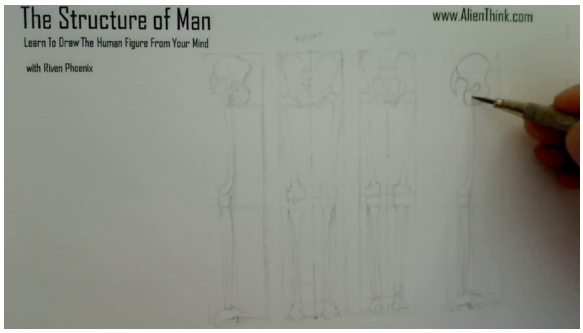
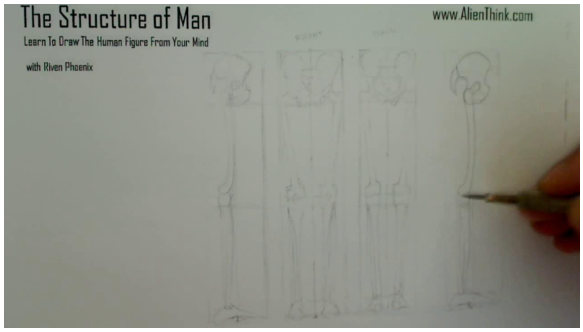
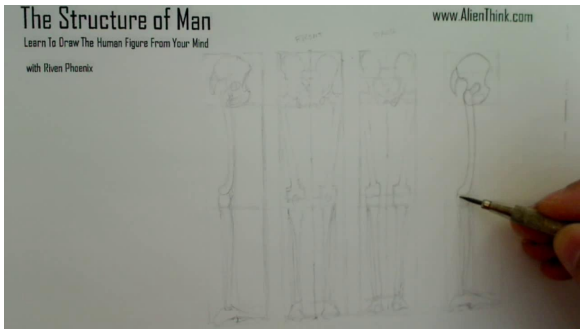
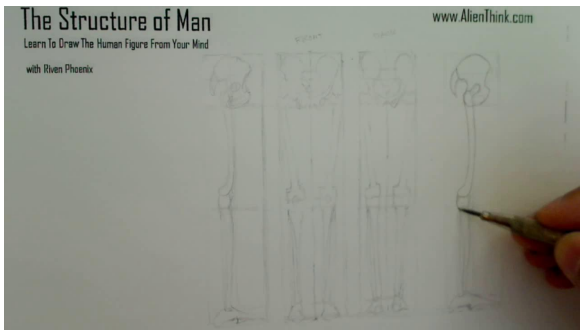
245		And we'll just simply finish it off by going this way.
246		Right.
247		And then over here, going to do the same thing.
248		It's just going to come.

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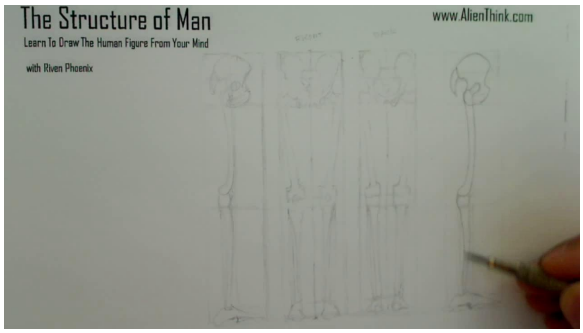
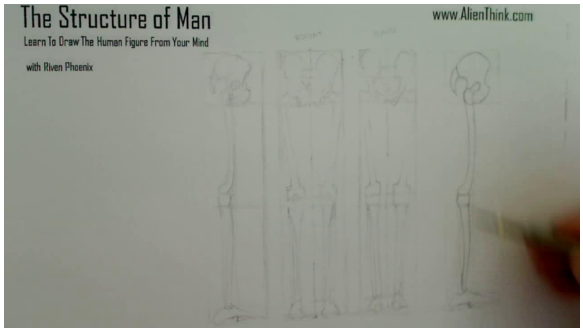
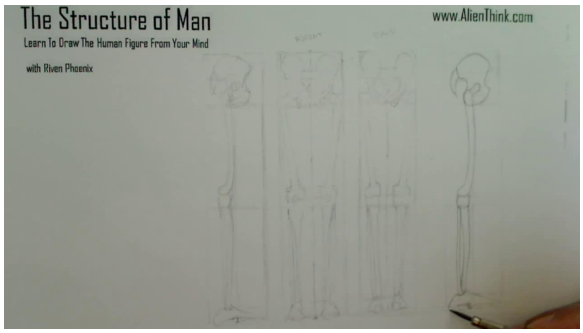
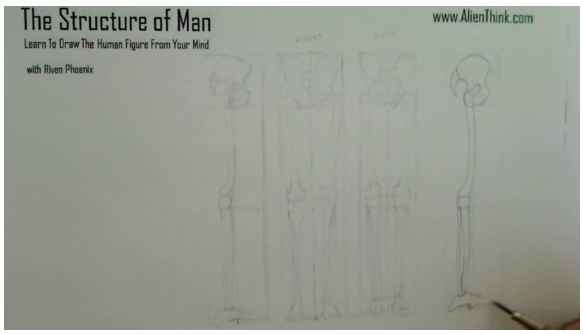
249		And then it's going to come in a little bit in.
250		And over here, you're going to get the fibular.
251		And here.
252		I'll clean this up a little more later, but just want to make sure that you see at least

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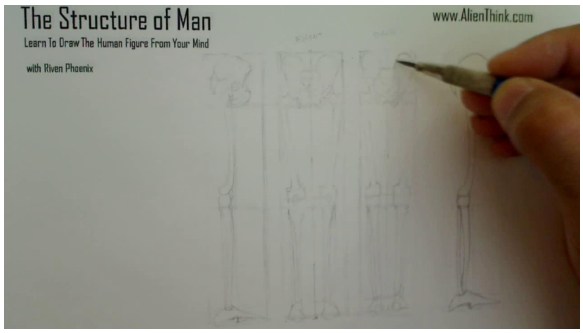
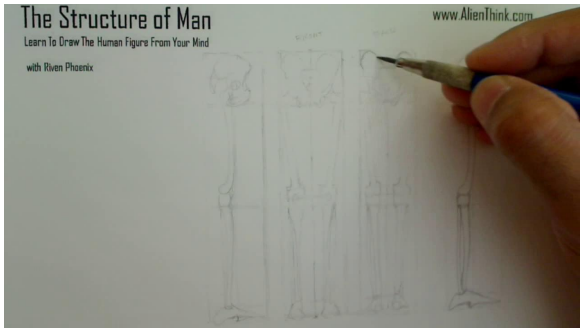
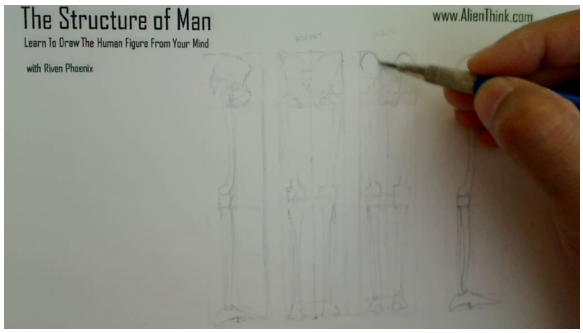
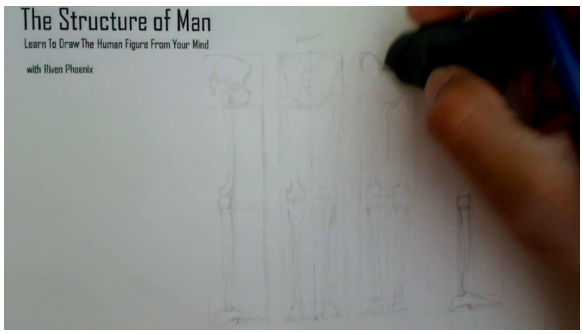
253		this part over here that I'm making.
254		So this is the back.
255		So this means this needs to come more come like this towards us over here.
256		Right.

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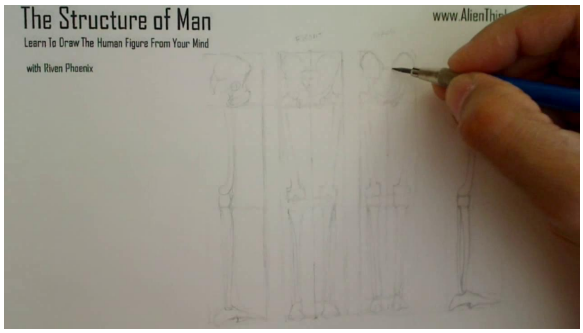
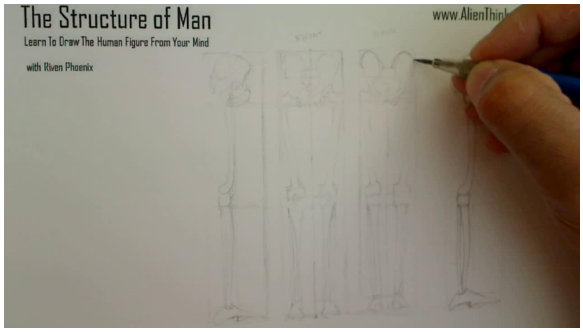
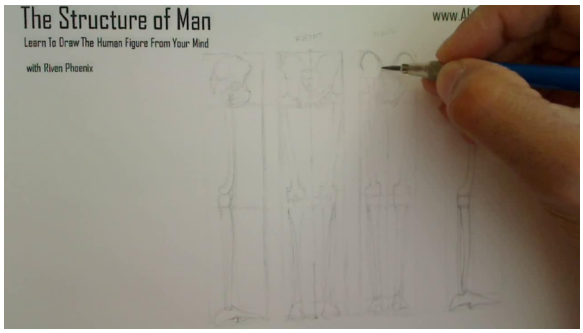
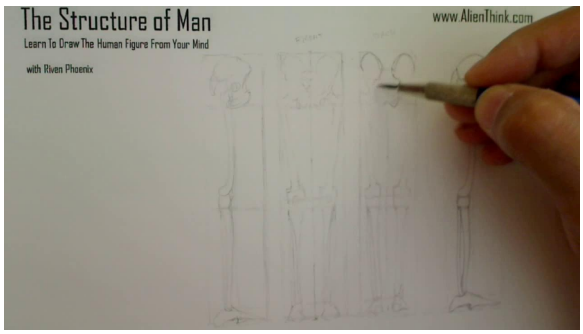
257		This is coming towards us.
258		This is going all the way in the back over there.
259		Do the same thing over here.
260		You don't have to shade this part in that we usually do.

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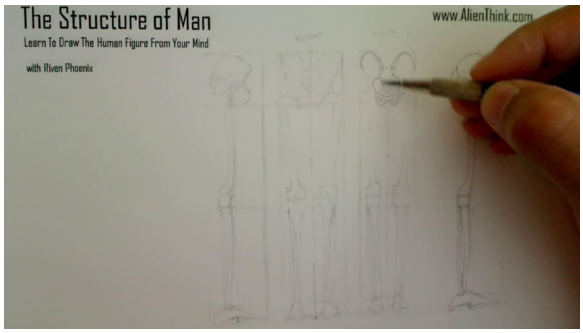
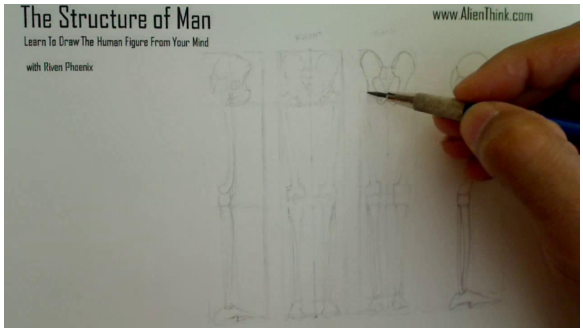
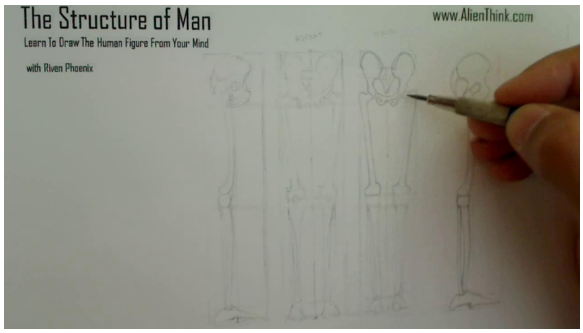
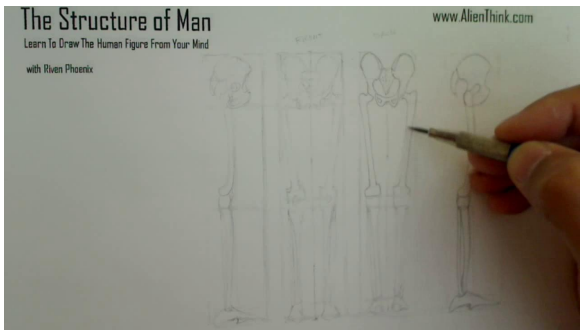
261		Just leave that be because we're going to be slapping on all the muscles in here anyways.
262		And just finish this off like this.
263		So when you're going at the bone, right.
264		So remember that this is coming more curved into words, right.

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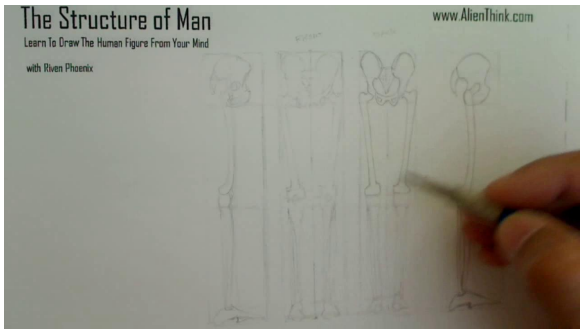
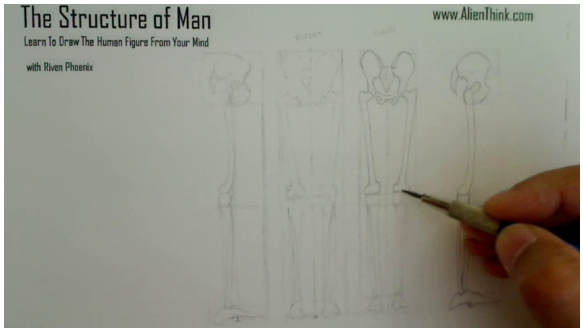
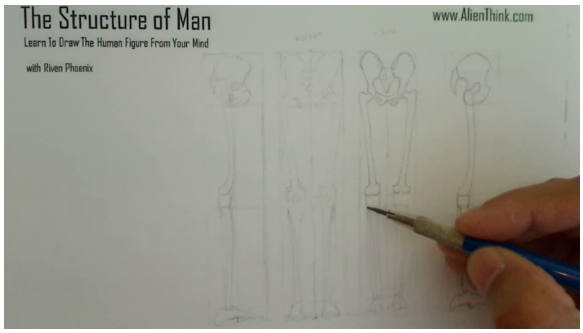
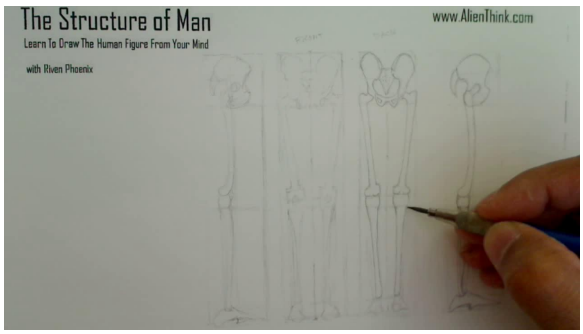
265		Then over here, we'll just put these two marks here, which we didn't talk about.
266		But these are going to just help us understand some things about the muscles.
267		Okay, so here I'm just going to finish this up over here.
268		Then over here, now this is the back of the leg.

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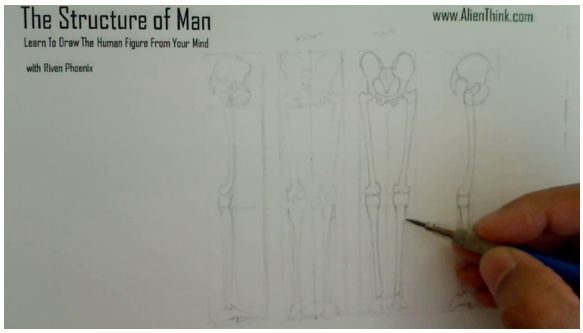
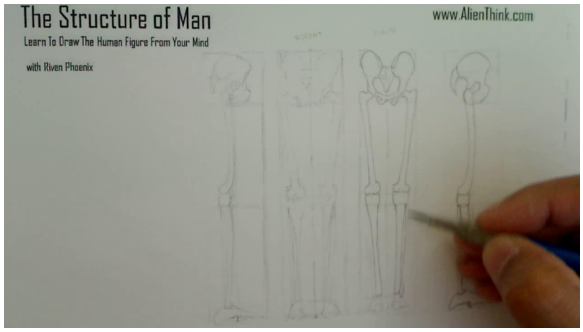
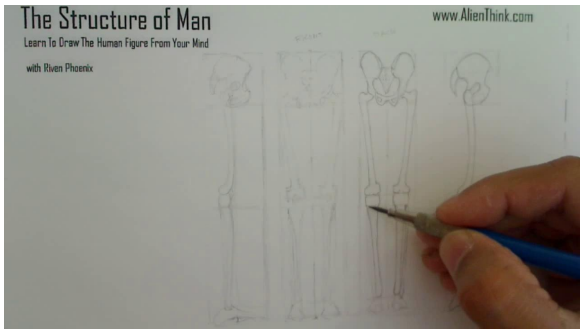
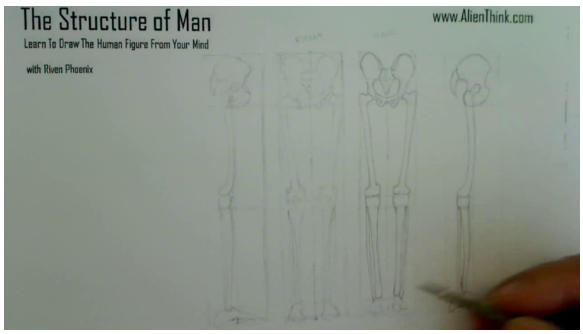
269		So the fibula is just going to come like this over here and you're going to get this right.
270		So this is what's going to cause that angle that we've been talking about on the lower part of the foot.
271		So just attach it over here and go down this way.
272		And then for the foot here, I'm just going to erase these marks here.

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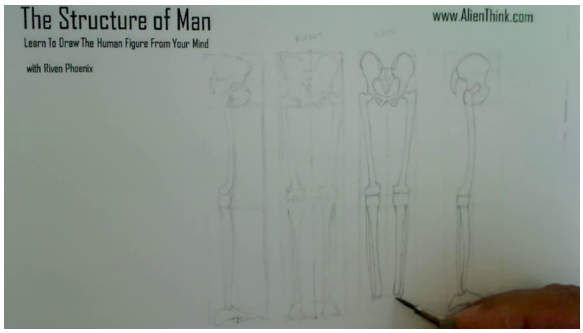
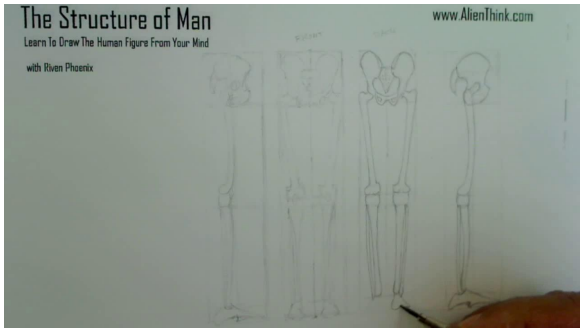
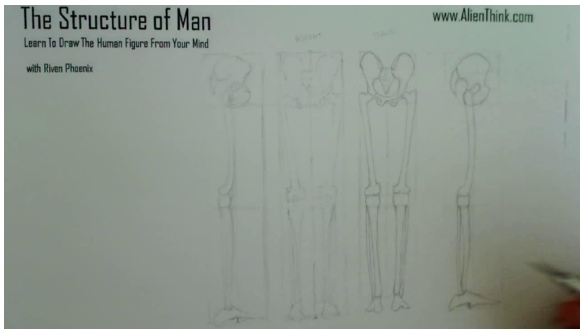
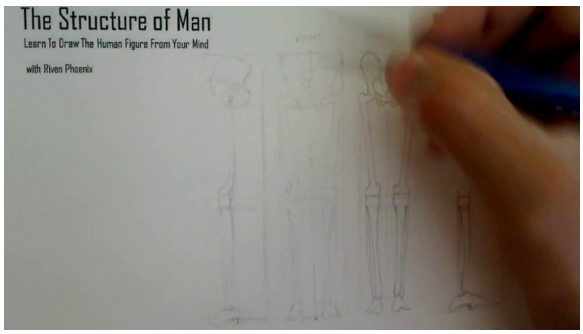
273		So you can see for the foot, I just did the heel coming out this way and this is just going over there.
274		We just need to be rough with that because the foot is going to be actually really easy to understand also.
275		Okay, so that's done over there.
276		And over here, for this, we know that okay.

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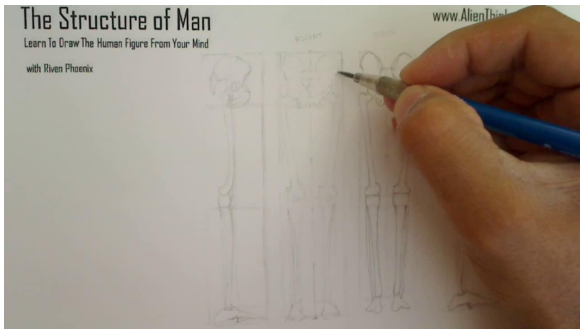
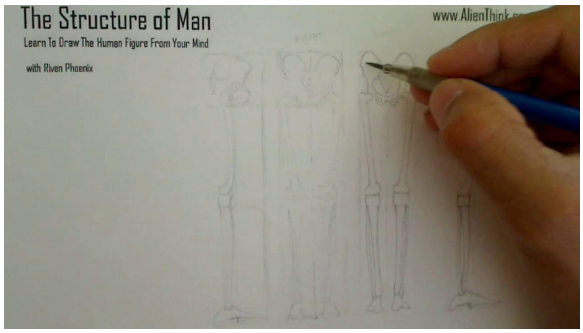
277		Well, I'm going to get this guy to come more towards me and it's just going to be like this over here.
278		And this is just going to go like this over here, right.
279		So you can meet this more of a curve if you want. It's the same thing.
280		And then over here, I'm going to get the sacrum to come this way over here.

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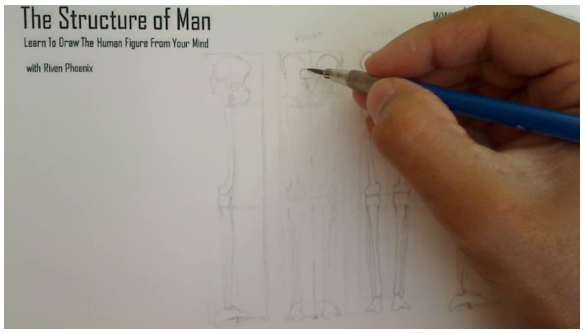
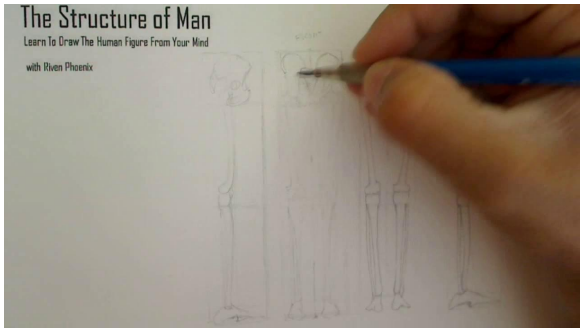
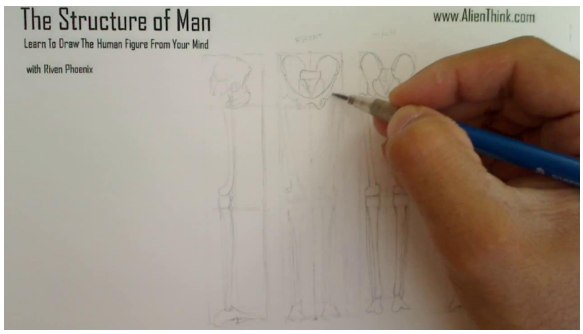
281		Remember, you can be kind of organic with these.
282		You don't have to be schematic drawings.
283		And over here, we're going to get this curve and he's going to go about his business over there.
284		He's going to get the socket, right.

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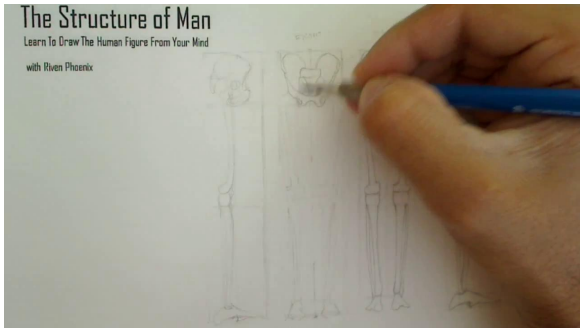
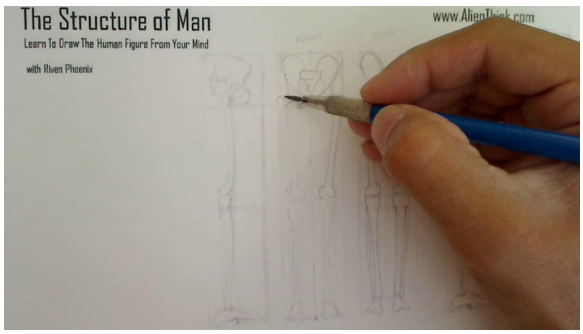
285		You're going to get the socket over here and he's just going to go like this, that is business, the curve.
286		It's just going to go in that direction over there.
287		So when I did this femur, right, I came out just a little bit over here.
288		Okay, so over here, I'm going to just do this over here.

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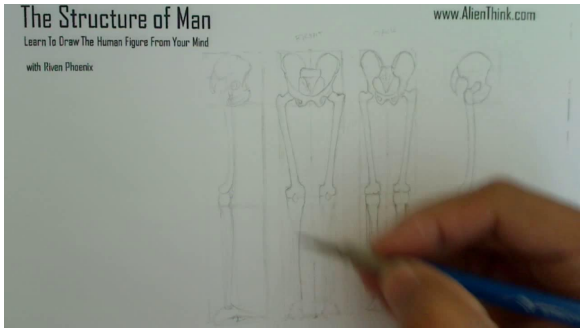
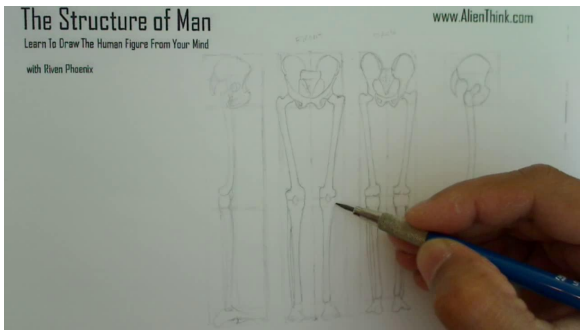
289		And then when I draw out this bone here, I'm just going to draw this bone like this over here.
290		Right, so when you get to this section, this is where you want to make the S curve.
291		And over here, I'm going to draw out the fibula over here.
292		And then the fibula will be on the other side, and this one also.

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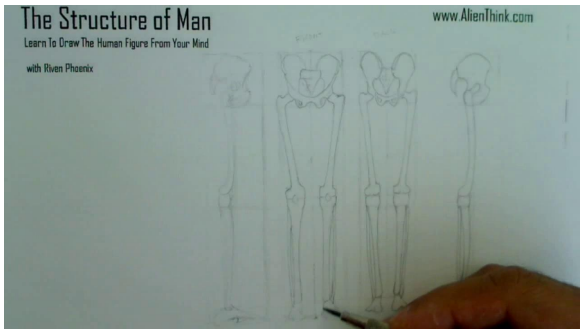
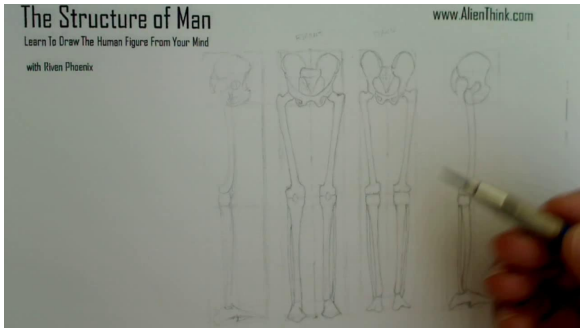
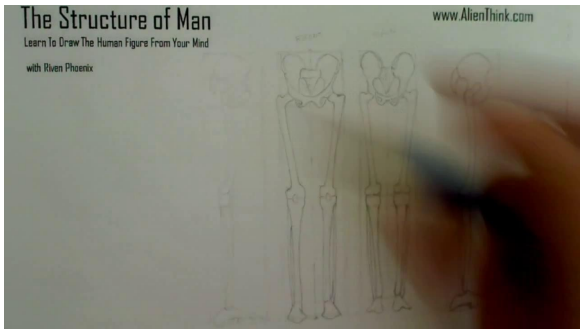
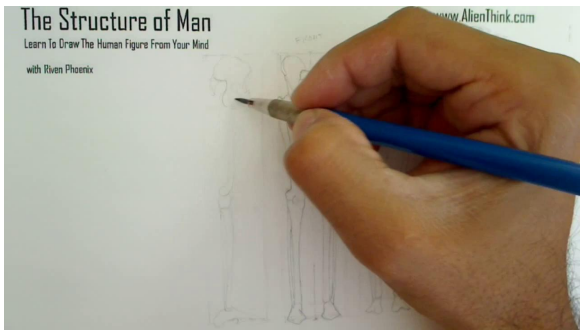
293		Over here, we're just going to simply draw a lot like this over here.
294		Okay, that's done. And then we just need to wrap this up over here.
295		It's going to be the easy part.
296		So here, I'm just going to draw it out like this again, where this release now going away from us over here and just draw this out.

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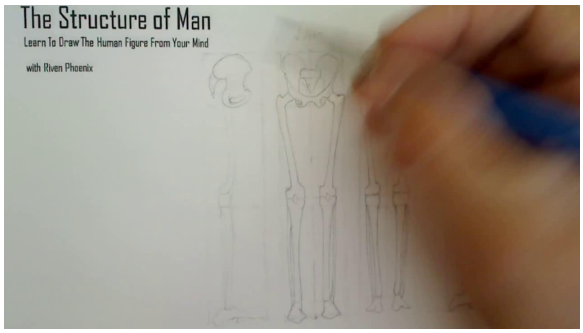
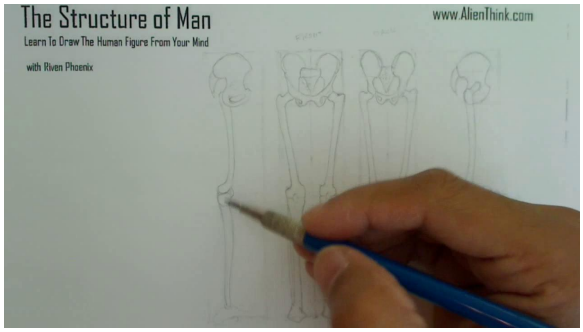
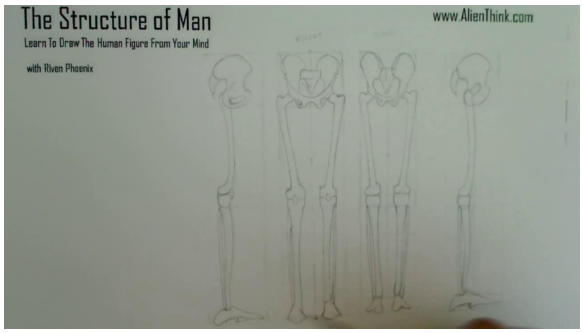
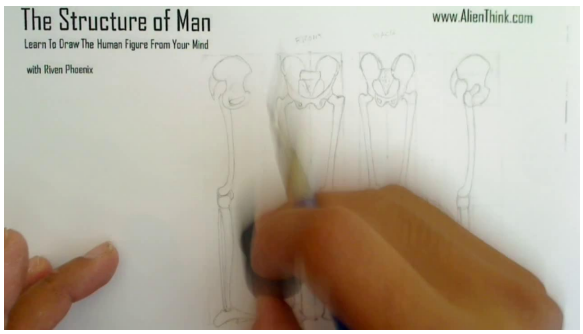
297		Right, so here, just imagine that the bone is going on the other side, and you're going to draw out the same structure, but over here, it's on the other side.
298		And then of course, the fibula will just be over here.
299		And that's it.
300		Okay, so I'll see you in the next lesson.

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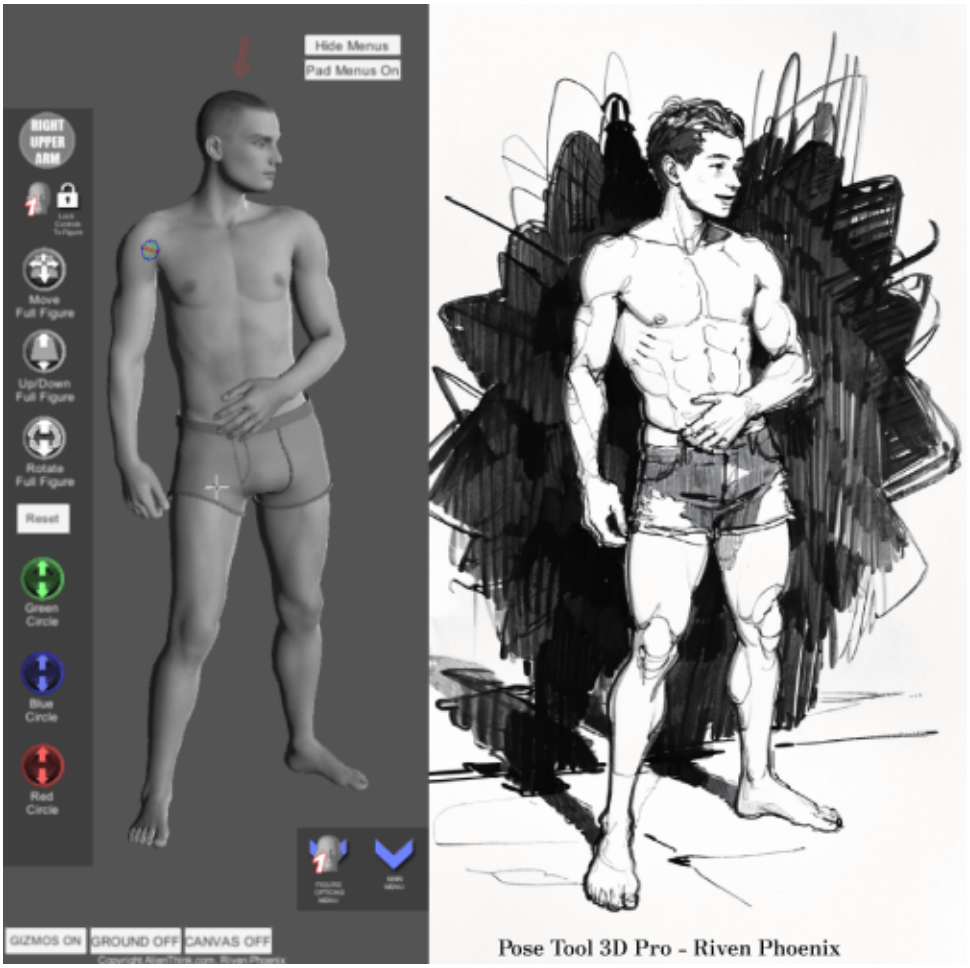

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